

SWP-SPH-ONE PERSON ASSIST TO LIE SIT/SIT TO LIE



Description of Task: 1 Healthcare Worker assisting a patient to sit up in bed/lie down in bed			
Position/Job: 1 Healthcare Worker (HCW)		Department/Unit: All patient care areas	
Potential Hazards		Personal Protective Equipment Required	
<i>Risk for Injury (check all that apply)</i>		<i>Specify Type, Manufacturer, Model</i>	
<input type="checkbox"/>	Biological (puncture/spill/splash/exposure)	<input type="checkbox"/>	Head Protection:
<input type="checkbox"/>	Caught In/Under/Between Wall, Equipment	<input type="checkbox"/>	Eye Protection:
<input type="checkbox"/>	Chemical/Hazardous Substance/Medication	<input type="checkbox"/>	Hearing Protection:
<input type="checkbox"/>	Contact with Hot/Cold Object/Substance	<input type="checkbox"/>	Face Protection:
<input type="checkbox"/>	Contact with Sharp Object (not biological)	<input type="checkbox"/>	Hand Protection:
<input type="checkbox"/>	Electrical	<input checked="" type="checkbox"/>	Foot Protection: Proper Footwear
<input type="checkbox"/>	Falling or moving equipment/material	<input type="checkbox"/>	Respirator/Fit Test:
<input type="checkbox"/>	Moving machinery / parts	<input type="checkbox"/>	Body Protection:
<input checked="" type="checkbox"/>	MSI-Awkward / sustained postures	<input type="checkbox"/>	Hi Visibility Apparel:
<input checked="" type="checkbox"/>	MSI-Forceful exertions	<input type="checkbox"/>	Other:
<input type="checkbox"/>	MSI-Repetitive motions	Equipment and/or tools required to perform task	
<input type="checkbox"/>	Noise	Adjustable Bed (if available) / Stretcher	
<input type="checkbox"/>	Surfaces/Objects causing slips, trip or falls	1 slider sheet (folded) or 1 slider tube (if available)	
<input type="checkbox"/>	Task requires more than 1 worker		
<input type="checkbox"/>	Violent, Aggressive or Reactive Behaviours	For machine operation tasks complete the following	
<input type="checkbox"/>	Working Alone or in Isolation	Machine Description and Safety Features:	
<input type="checkbox"/>	Working at Heights		
<input type="checkbox"/>	Other:		
Patient/Client/Resident Related Tasks - be knowledgeable of patient specific hazards (CARE Alert, Falls Risk, Patient Handling Assessment, Isolation Precautions, etc.)		<i>Set-up and maintenance of this equipment is only to be performed by trained/authorized staff following the manufacturer's manual.</i>	
Training and Proficiency:			
Staff who perform this task must be trained as indicated below in this safe work procedure prior to performing it. Training must be documented. This SWP must be available to staff.			
<input type="checkbox"/> Read Procedure and Sign		<input type="checkbox"/> Other Required Training: <i>Specify</i>	
<input type="checkbox"/> Demonstrated Competency		<input checked="" type="checkbox"/> Watched Video	
Responsibilities			
Manager/Supervisor or Designate: Ensure all staff are trained and that duties are performed in accordance to training, established health and safety regulations, guidelines, policies and procedures (e.g. following safe work procedures).		Staff performing task: Perform task in accordance to training, established health and safety regulations, guidelines, policies and procedures (e.g. following safe work procedures). Follow process for reporting hazards, injuries, occurrences and patient safety events.	
Approved by	Original Effective Date	Revised Effective Date	Reviewed Date
Provincial Workplace Safety & Health Working Group	July 2019	July 2019	January 2022

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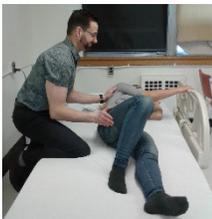
This safe work procedure was created by The Provincial Workplace Safety and Health MSIP Subcommittee and will be reviewed any time the task, equipment or materials change and at a minimum of every three years from the last revision date.

Notes/Other Considerations:

- Patient must be able to:
 - Follow directions and be cooperative
 - Assist with moving over and turning in bed using arm(s) and/or leg(s). If patient is unable to roll onto their side (e.g., hip replacement), alternate procedures may be required that do not require rolling (i.e., raise head of bed and ask patient to push through arms and move legs over the edge of bed)
 - Assist with moving from side lying to sit and/or sit to side lying
- More than 1 HCW or alternative equipment may be required if:
 - Patient requires more than minimal assistance to move/turn in bed or position leg(s) on/off bed
 - Patient has obesity
 - Low or high muscle tone is present
 - Patient care equipment or devices are being used (e.g., Casts, braces/splints, etc.)
 - Recent surgery or fracture (e.g., Hip precautions) etc.

If behavior interferes with care, alternate procedures and/or equipment may be required

Steps to be taken to complete task safely

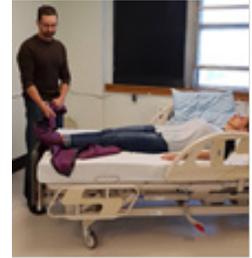
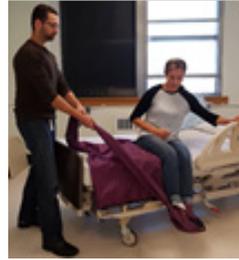
1	HCW adjusts bed to ensure patient's feet are close to floor. If patient is able to sit with feet unsupported, raise bed to maintain a straight back.
2	To ensure there is enough room on bed to roll, position patient with bent elbow in line with edge of bed if able. 
3	<p>Ask patient to bend knee furthest from direction of roll or cross the legs at the ankle. Ask patient to pull on aids if available (e.g., bed rail) and/or push foot into bed (as able) to roll onto side.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>OPTION 1 (PUSH)</p> </div> <div style="text-align: center;">  <p>OPTION 2 (PULL)</p> </div> </div> <p>If patient requires minimal assistance to roll, stand in a wide base of support with one foot in front of the other <u>or</u> with knee of front leg on the bed. Place hands on the client's hip and shoulder and:</p> <p>Option 1 (preferred): Raise bed rail on opposite side of HCW if present. Push client away from you. Ensure weight shift from back leg to front leg.</p> <p>Option 2: Lower bed rail on same side as HCW if present. Pull client towards you. Ensure weight shift from front leg to back leg.</p>

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<p>4</p>	<p>Ensure bed rail is lowered if present. Raise head of bed as tolerated. HCW stands at side of bed with a wide base of support, and back straight. HCW places one hand on patient's shoulder and opposite hand on hip or thigh.</p>	
<p>5</p>	<p>Ask patient to move legs off bed or provide minimal assistance to slide legs over edge of bed as tolerated. Add slider under legs if necessary. Patient is asked to assist to push up using the bottom elbow and top hand as able. HCW shifts weight and guides patient into sitting at the shoulder and pressing downward on the hips.</p>	
<p>6</p>	<p>HCW places hand on patient's shoulder to help maintain balance, as necessary. Adjust height of bed as needed to lower to a safe transfer height. Ask patient to move forward on bed as required so patient's feet are flat on the floor. If minimal assistance is required, HCW positions themselves low (e.g. half kneel) in front of patient. Ask patient to lean to one side. HCW weight shifts and guides patient's thigh and hip forward towards edge of bed.</p>	
<p>7</p>	<p>If no further assistance with legs is required, reverse procedure to return patient to lying position.</p>	
<p>8</p>	<p>If patient requires assist with legs into bed, raise bed rail if present. Patient lowers upper body onto bed surface.</p> <p>Option 1 - HCW is in a low position facing the patient's feet with back straight. Wrap sheet or alternative (e.g., transfer belt) around patient's lower leg(s) and hold ends to reduce low position. Alternatively HCW place hands around patient's lower leg(s).</p>  <p>Straighten knees/hips, keep back straight and shift weight up and forward to lift patient's leg(s) onto edge of bed while patient lowers upper body. Note: where possible, lift one leg at a time.</p> <p>Option 2 - HCW places a slider on the edge of bed, tucking it under the thigh. HCW places hands onto the upper shin of the patient and pushes leg(s) across slider onto the bed. Remove slider.</p> 	

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Option 3 - Wrap slider or alternative (e.g., sheet) around lower limbs. Hold ends while standing at the foot of bed with one foot in front of the other, keeping elbows close to body. HCW shifts weight from front leg to back leg and walks backwards as required while pulling legs onto bed. Alternatively, stand in a low half kneel/crouch position at foot of bed. Shift weight up and forward to lift patient's leg(s) onto edge of bed. Note: where possible, lift one leg at a time.



Related Materials:

References: