

# SWP-SPH-TWO PERSON ASSIST TO SIT/SIT TO LIE

Description of Task: 2 Healthcare workers assisting a patient to sit up in bed or lie down in bed			
Position/Job: 2 Healthcare Workers (HCW)		Department/Unit: All patient care areas	
<b>Potential Hazards</b>		<b>Personal Protective Equipment Required</b>	
	<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	<b>Equipment and/or tools required to perform task</b> Electric Bed (if available)	
<input type="checkbox"/>	Noise		
<input type="checkbox"/>	Surfaces/Objects causing slips, trip or falls		
<input type="checkbox"/>	Task requires more than 1 worker		
<input type="checkbox"/>	Violent, Aggressive or Reactive Behaviours	<b>For machine operation tasks complete the following</b>	
<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.)		Set-up and maintenance of this equipment is only to be performed by trained/authorized staff following the manufacturer's manual.	
<b>Training and Proficiency:</b>			
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	
<b>Responsibilities</b>			
<b>Manager/Supervisor or Designate:</b> 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).		<b>Staff performing task:</b> 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



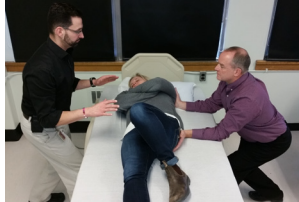
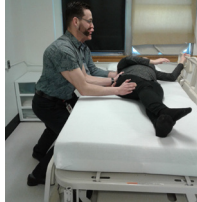




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This safe work procedure was created by The Provincial Workplace Safety and Health MSIP Subcommittee and will be reviewed any time the task, equipment or materials change and at a minimum of every three years from the last revision date.

### Notes/Other Considerations:

- If more than minimal assistance is required by each HCW, additional HCWs, alternative procedures and/or equipment may be required (e.g., mechanical floor or overhead lift).
- If behavior interferes with care, alternate procedures and/or equipment may be required

### Steps to be taken to complete task safely

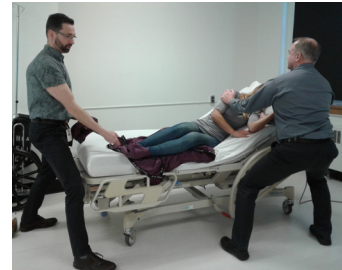
1	HCW adjusts bed to avoid stooping and ensure patient's feet are close to floor following transfer. Apply bed brakes. HCW #1 is positioned at head of bed beside patient's head. HCW #2 is positioned near patient's feet.	
2	Position patient with bent elbow in line with edge of bed.	
3	Bend patient knee furthest from direction of roll or cross the legs at ankle. In a wide base of support with one foot in front of the other or knee on the bed, HCWs place hands on the client's hip and shoulder and provide minimal assistance to roll patient using weight shift.	   
4	HCW #1 stands at side of bed facing the patient with a wide base of support, one foot slightly in front of the other. Elbows are held close to side. HCW #1 places one hand on patient's shoulder and opposite hand on hip or thigh. As HCW #2 guides legs off bed, patient is asked to assist to push up using the bottom elbow and top hand as able. HCW #1 shifts weight and guides patient into sitting at the shoulder and pressing downward on hips.	 
5	<b>Option 1:</b> HCW #2 stands with wide base of support, facing the patient. HCW #2 grasps patient's legs with both hands at the ankle or shin. HCW #2 squats down while guiding patient's legs off the side of the bed. Add slider under legs if necessary.	
6	HCW #1 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. Both HCWs can assist patient to move forward on bed as required ensuring that the patient's feet are flat on the floor.	

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- 7a** **Option 1:** To assist to lie, HCW #2 places a slider on the edge of bed, tucking it under the thigh. HCW #2 positions him/herself in a low position facing foot of the bed. HCW #2 places hands onto the upper shin of the patient and pushes leg(s) across slider onto the bed while shifting weight forward. HCW #1 guides upper body towards bed. Remove slider.



- 7b** **Option 2:** HCW #2 wraps slider or alternative around lower limb. HCW #2 holds ends while standing at foot of bed, keeping elbows close to body. HCW #2 walks backwards while pulling legs onto bed. HCW #1 guides upper body towards bed. Remove slider or alternative from limbs.



**Related Materials:**

**References:**