Assisting a Person from the Floor with Aid of Chairs

Stop, Think, Assess, Review

Stop before you begin, you must review the Support Plan of the client being assisted.

Think about the task, any equipment needed and the readiness of the client. Think about other options if this task cannot be done safely.

Assess the client by watching/talking to them to see if they are willing and able to participate in the task.

Review other options available if client not ready for task. Talk to supervisor/manager about other options.

Potential Hazards

1. Muscular or soft-tissue injury to client from incorrect handling, movement or posture.
2. Muscular, soft-tissue or skeletal injury to workers from incorrect movement, posture, over-reaching or lifting the weight of the client.
3. Client injury from falling during task.

Safety Provisions

To prevent risk of injury to workers or clients during this manual task:

a. Follow all steps of this Safe Work Instruction (SWI).

b. Check client for signs of injury if on the floor due to a fall. If injured, seek medical assistance and apply first aid. If client injured, do not attempt to move client.

c. This instruction details how to complete this task with one worker.

d. Be aware of movements during task, do not exceed your ability.

e. Communicate with client and other workers at every step of this task.

Instruction

Set Up

1. Refer to client’s Support Plan for specific information.
2. Ensure all handling is done with flat open hands.
3. Make sure there are two chairs available to use in this task. Carry chairs over to client before commencing task. Modify task if only one or no chairs.
<table>
<thead>
<tr>
<th>Operation</th>
<th>Step</th>
<th>Worker Action</th>
<th>Diagram</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Assist client to roll to side.</td>
<td>• First, check the client for any injury. If injured, do not move client, get medical assistance. • Request and assist client to roll away from worker. • Place client’s upper arm’s hand in front of chest.</td>
<td><img src="image1.png" alt="Diagram" /></td>
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<td>2. Assist client to lean onto their elbow.</td>
<td>• Assist client to roll their upper torso forwards to rest on elbow. • With elbow stabilising pelvis, use hand to lever down and forwards at elbow, with other hand under client’s lower shoulder. • Do not lift up sidewards but create a forward roll of torso into leaning on elbow.</td>
<td><img src="image2.png" alt="Diagram" /></td>
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<td>3. Bring client into a sitting position.</td>
<td>• Place an open palm on client’s lower chest, near armpit. • At same time, using an open palm, apply downward pressure to the front of the client’s pelvis, to gradually bring them into a sitting position.</td>
<td><img src="image3.png" alt="Diagram" /></td>
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| 4. Place client’s arm and opposite hand onto chair for support and assist to move into a kneeling position. | • Bring “head-end” chair forward.  
• Ask and assist client to place their arm onto chair for support.  
• Assist client to reach with other hand onto the same chair.  
• Prompt the client to begin turning to face the chair, which may include helping to turn them through the shoulders.  
• Support the pelvis as shown and ask the client to move up onto their knees. | ![Diagram](image1) |
| 5. Assist client into a half kneeling position. | • With client now facing towards chair, assist client to lift up one leg to be in a half kneeling position.  
• Move second chair into place behind client, place under buttock of the leg that is raised. | ![Diagram](image2) |
| 6. Assist client to sit up into chair. | • Assist client to lean forward and to use their hands for support to push hips back.  
• Assist them to sit back safely into the second chair. | ![Diagram](image3) |

### Conclusion

1. Safely conclude task  
• Make sure client is comfortable and safe.  
• Reassess client before attempting further movement.  
• Document any incident and report to supervisor immediately.