




SAFE WORK PROCEDURE		LYING TO SITTING TO LYING TWO MINIMUM ASSIST	
Team Name / Team Lead: SCHIPP Team, Regional Director Staff Development, Infection Prevention and Control	Approved By: Vice President – Human Resources	Issue Date: June 29 2016	Review Date: December 21 2018 Revised date: January 2 2018
<p>Potential Hazards:</p> <ol style="list-style-type: none"> 1) If procedure not followed, there is a risk for awkward bending, reaching and over-extension, which can lead to a musculoskeletal injury. 2) Depending on the workload, repetitive motions may be a factor. 3) Client or Caregiver may slip, trip and fall. 4) Client may grab or strike from reactive or defensive behavior. 5) Microorganism Transmission <p>Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report to supervisor.</p>		<p>Personal protective equipment / devices required / other safety considerations:</p> <ul style="list-style-type: none"> ➤ Side rail, transfer pole, trapeze bar if applicable ➤ Adjustable bed, elevate head of bed ➤ Appropriate Footwear for Client and Caregivers ➤ Clothing that allows Caregivers' movement. ➤ Routine Practices; Additional Precautions as assigned <p>Training:</p> <ul style="list-style-type: none"> ➤ Initial Orientation and regular review <p>Resources:</p> <ul style="list-style-type: none"> ➤ Follow Manufacturer's Instructions for equipment ➤ SCHIPP.M1.001 Module 1 ➤ Video SCHIPP.RES.825 Lying to Sitting to Lying Two Minimum Assist ➤ Video SCHIPP.RES.822 Lying To and From Sitting Following a Total Hip Replacement 	
<p>Client Criteria and Supportive Information:</p> <ul style="list-style-type: none"> ➤ Can follow instruction. Encourage Client to assist as much as able. ➤ May have moderate trunk, arm and leg strength and moderate balance. ➤ Requires minimal exertion from two Caregivers with physical or set up assistance to move from a lying to sitting position, with or without assistive equipment. If more assist required, a mechanical lift should be used. ➤ Do not use this procedure if Client resists forward movement or cannot maintain upright sitting with minimal assist. ➤ Client may have had recent surgery and need to maintain precautions. 			
<p>Steps to perform this task safely:</p>			
<p>Set Up See SCHIPP.M2.002 Guideline Preparation For Client Handling Tasks:</p>			
		<p>Lying to Side Lying Assist:</p> <ul style="list-style-type: none"> ➤ Caregiver positions Client's closest elbow so it rests on mattress, other arm crosses over chest. ➤ Caregiver assist Client to roll onto their side, by placing one knee on the bed, closest to Client's chest, guide Client to bend top knee and places a hand on Client's top hip and shoulder and weight shift onto back foot. Alternatively raise bed to waist height, in a lunge position assist at top hip and shoulder to roll to side. Lower bed when Client in seated position. ➤ If Client cannot roll onto their side and remains in supine, a slider may be positioned under Client's hips to assist to swivel into sitting. It needs to be removed as soon as Client is sitting at edge of bed. 	



	<p>Side Lying to Sitting Assist:</p> <ul style="list-style-type: none"> ➤ Raise head of bed, (less than 90° if needing to maintain hip precautions). ➤ Ensure bed is at a height to allow Client's feet to rest on the floor when sitting. ➤ First Caregiver slides Client's heels off edge of bed weight shifting back and down to level of feet while maintaining an upright spine. First Caregiver may also hold affected leg in neutral while bringing off edge of bed. For heavy legs, this should be done in more than one step and with another assist if able. ➤ Second Caregiver weight shifts at Client's upper body, near Client's hip. Places one hand behind nearest shoulder, other hand on far hip/ pelvis physically cueing to sit up. ➤ Alternatively, first Caregiver assists with affected limb, while second Caregiver assists from opposite side of bed to guide top hip and shoulder into sitting. ➤ On specified count, Caregivers assist and instruct Client to push up into a seated position and rotate by weight shifting together.
	<p>Sitting Position Assist:</p> <ul style="list-style-type: none"> ➤ Client may require assist at hip and thigh to weight shift forward on bed, knees over toes. Client's feet should touch floor with hips positioned higher than knees. Caregiver is crouched in front to guide Client forward.
	<p>Sitting to Lying Assist:</p> <ul style="list-style-type: none"> ➤ Reverse procedure from sit to lie. Lower onto side, may use side rail to hold, head of bed may be partly elevated. A slider may be inserted under hips to help swivel into lying. If assist required for legs, have bed at a suitable height so Caregiver can weight shift to bring legs onto bed. One Caregiver can put a slider under legs to assist with feet onto bed while other Caregiver guides upper body into side lying. ➤ Client may require assist at shoulders and hips to roll onto back. ➤ If head of bed elevated, lower. Hold ankles to allow Client to bridge and weight shift to achieve a comfortable position with or without slider. ➤ Remove slider if applicable.
	<p>Comfort and Positioning:</p> <ul style="list-style-type: none"> ➤ Ensure Client is comfortable and safely positioned in bed or sitting on bed. ➤ If Client is lying down, consider position of bed, which may include raising foot of bed slightly, to optimize comfort and safe positioning. If only head of bed is elevated Client will have a tendency to slide down in bed, causing shearing and poor positioning.
<p>Managers/Supervisors: ensure all duties are performed in accordance to training on the Safe Work Procedure, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures) to ensure the staff member, co-workers and clients are safe.</p> <p>Staff performing task: perform task in accordance to training on the Safe Work Procedure and established health and safety regulations. Notify Manager or supervisors of all occurrences, injuries, illnesses or safety and health concerns which are likely to harm themselves or others. Ensure work is completed safely for co-worker, client and personal safety.</p> <p>Note: this task will be monitored periodically to ensure compliance and safety.</p>	