










SAFE WORK PROCEDURE		SIT TO STAND LIFT TWO MINIMUM ASSIST	
Team Name / Team Lead: SCHIPP Team, Regional Director Staff Development, Infection Prevention and Control	Approved By: Vice President - Human Resources	Date Created: June 29 2016	Review Date: December 20 2017 Revised date: January 2 2018
<p><b>Potential Hazards Present:</b></p> <ol style="list-style-type: none"> <li>1) If procedure not followed, there is a risk for awkward postures and over exertion, which can lead to a musculoskeletal injury.</li> <li>2) Depending on the workload, repetitive motions may be a factor.</li> <li>3) Client or Caregiver may slip, trip and fall.</li> <li>4) Client may grab or strike from reactive or defensive behaviour.</li> <li>5) Microorganism Transmission</li> </ol> <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><b>Personal protective equipment / devices required / other safety considerations:</b></p> <ul style="list-style-type: none"> <li>➤ Side rail if indicated</li> <li>➤ Sit to Stand lift and Manufacturer specific sling: in working order, battery charged and aware of operation of buttons/manual controls.</li> <li>➤ Appropriate Footwear for Client and Caregivers</li> <li>➤ Clothing that allows Caregivers movement</li> <li>➤ Routine Practices; Additional Precautions as assigned</li> </ul> <p><b>Training:</b></p> <ul style="list-style-type: none"> <li>➤ Initial Orientation and regular review</li> </ul> <p><b>Supporting Documents:</b></p> <ul style="list-style-type: none"> <li>➤ Follow Manufacturer's Instructions for equipment</li> <li>➤ <a href="#">SCHIPP.M1.001 Module 1</a></li> <li>➤ Video <a href="#">SCHIPP.RES.846 Sit to Stand Lift Two Minimum Assist</a></li> </ul>	
<p><b>Client Criteria and Supportive Information:</b></p> <ul style="list-style-type: none"> <li>➤ Can follow instruction</li> <li>➤ May have moderate strength in arm to grasp handle with at least one hand.</li> <li>➤ Moderate trunk strength and poor to moderate leg strength.</li> <li>➤ Should be encouraged to lean back into sling and be capable of partial weight bearing through at least one leg.</li> <li>➤ Able to tolerate sling around trunk and require only minimal assist for balance when sitting on side of bed.</li> <li>➤ If Client resists forward movement when sitting up in bed, a mechanical lift should be used instead of a sit to stand</li> <li>➤ Additional Caregivers may be required based on Client needs.</li> </ul>			
<p><b>Steps to perform this task safely:</b></p>			
		<p><b>Set Up:</b></p> <ul style="list-style-type: none"> <li>➤ Position equipment (bed and/or chair) so that there is enough room to maneuver.</li> <li>➤ Apply brakes on receiving surface and/or bed. Remove chair footrests.</li> </ul> <p><b>Apply the Sling:</b></p> <ul style="list-style-type: none"> <li>➤ Assist Client to a sitting position and move to edge of bed/chair, so Client's feet are resting on floor.</li> <li>➤ Place sling snug around Client at waist level and secure straps.</li> <li>➤ Client's arms are positioned on outside of sling.</li> <li>➤ Follow care plan with sling loop or clip application.</li> </ul>	



 	<p><b>Attach Client to Lift</b></p> <ul style="list-style-type: none"> <li>➤ Move lift so open end of base is under bed or around base of chair/commode. An empty sit to stand lift can be moved with one Caregiver, once there is a Client in the lift, two Caregivers should move the lift together.</li> <li>➤ If in bed, adjust height so Client's feet rest on foot platform. Lower feet with bed onto platform to reduce lifting. From a chair, two Caregivers may need to share weight of legs to reduce load of positioning Client's feet on platform.</li> <li>➤ Push lift forward until Client's shins are touching shin pad. Ensure pad is sitting below knee, secure calf straps if applicable.</li> <li>➤ Connect lift straps to the lowered arms of lift, Client grasps handles/bars. If Client unable to grasp the handle with both hands the affected arm should be supported.</li> </ul>
	<p><b>Lift Client into Partial Standing:</b></p> <ul style="list-style-type: none"> <li>➤ Open sit to stand lift so base is as wide as possible.</li> <li>➤ First Caregiver stands next to Client with hand on back for security and asks Client to lean back, as second Caregiver uses remote to raise Client into partial standing. Client's knees and hips should be slightly flexed.</li> </ul>
	<p><b>Move Lift to Destination:</b></p> <ul style="list-style-type: none"> <li>➤ Both Caregivers push and guide lift together to move Client away from one surface to chair/receiving surface Face lift during movement to avoid twisting. Stand with a wide stance, elbows at sides, holding sides of lift and sling, and use legs to move.</li> <li>➤ If moving through narrow space, lift legs may be closed if manufacturer's instructions allow and Caregivers position at front and back of Lift, moving it together and using legs to push the lift.</li> <li>➤ Put receiving surface under Client, brakes on, so front of seat is behind Client's legs.</li> </ul>
	<p><b>Lower Client with Lift to Sit:</b></p> <ul style="list-style-type: none"> <li>➤ One Caregiver lowers Client, ensuring lift arms do not contact Client's body</li> <li>➤ Second Caregiver guides Client and guiding Client at hips to sit at the back of seated surface. If Client is not properly positioned lift up and reposition again. Seated surface may tilt back as Client's back rests against back of chair, this will assist with positioning. If it is a tilt chair apply tilt to assist with positioning.</li> <li>➤ Ensure lift moves back slowly once Client's buttocks on seat. If Caregiver pulls lift back too early, Client will be incorrectly positioned.</li> </ul>
	<p><b>Disengage Client from Lift:</b></p> <ul style="list-style-type: none"> <li>➤ Release tension on sling and remove straps from hooks.</li> <li>➤ Client asked to lean forward, hold onto front bar of lift to assist with sling removal.</li> <li>➤ Crouch, release calf straps, remove Client's feet from platform and move lift away</li> </ul> <p><b>Comfort and Positioning:</b></p> <ul style="list-style-type: none"> <li>➤ Ensure Client is comfortable and safely positioned.</li> </ul>
<p><b>Managers/Supervisors:</b> 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><b>Staff performing task:</b> 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><b>Note:</b> this task will be monitored periodically to ensure compliance and safety</p>	