






SAFE WORK PROCEDURE		WALKING ONE 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
Potential Hazards Present: <ol style="list-style-type: none"> 1) If procedure not followed, there is a risk for awkward postures and over exertion, 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>		Personal protective equipment / devices required / other safety considerations: <ul style="list-style-type: none"> ➤ Transfer belt for Assisted Ambulation required, unless not advised. ➤ Appropriate Mobility Aid, brace(s) if required. ➤ Appropriate footwear for Client and Caregiver ➤ Clothing that allows movement for Client and Caregiver ➤ Routine Practices; Additional Precautions as assigned 	
Client Criteria and Supportive Information: <ul style="list-style-type: none"> ➤ Can follow instruction. ➤ Has moderate to full trunk strength ➤ Has moderate to full leg strength and moderate to full weight bearing ➤ Steps with cueing and has reliable balance reactions ➤ Manages mobility aids with minimal assistance or cueing ➤ Client must be able to attain standing and walk with one minimum assist. ➤ Never try to hold a Client up or catch if falling uncontrolled. 		Training: <ul style="list-style-type: none"> ➤ Initial Orientation and regular review ➤ Training on Transfer Belt Use ➤ Training on assisting the fallen Client Resources: <ul style="list-style-type: none"> ➤ Follow Manufacturer's Instructions for equipment ➤ SCHIPP.M1.001 Module 1 ➤ Video SCHIPP.RES.812 Safe Ambulation ➤ Video SCHIPP.RES.814 Walking Two Minimum Assist ➤ Video SCHIPP.RES.851 Assisting A Fallen Client From Floor with Lift and Two or More Assist 	
Steps to perform this task safely:			
		Preparing for the Transfer: <ul style="list-style-type: none"> ➤ See SCHIPP.M2.002 Guideline Preparation For Client Handling Tasks. ➤ Clear obstacles. Ensure Client has footwear on, transfer surface is appropriate for Client. ➤ Apply transfer belt. ➤ Follow transfer procedure appropriate for Client. 	



	<p>Position Yourself:</p> <ul style="list-style-type: none"> ➤ Caregiver walks beside with closest foot slightly behind Client while remaining close with transfer belt securely gripped using inside hand. ➤ Outside hand is positioned in front of Client's shoulder or on mobility aid. ➤ Caregiver is to be positioned on the Client's weaker side (if applicable). ➤ If Client is significantly taller or shorter than Caregiver, then Caregiver can position farthest hand on shoulder only when unsteadiness is noted to prevent overreaching.
	<p>Client Stumbles while Walking:</p> <ul style="list-style-type: none"> ➤ If Client stumbles or loses balance while walking, Caregiver may try to use their body weight by stepping with closest leg behind Client, apply inward pressure at farthest part of waist, and support at closest shoulder to assist with regaining balance. ➤ If Client is falling quickly forward, Caregiver may move sharp objects out of the way, but should not grab onto Client to prevent fall. ➤ If Client falls backward or knees buckle, Caregiver may be able to have Client slide down Caregiver's leg, using a lunge position to weight shift back. Assist to floor. ➤ Proceed with assisting from fall, based on nursing assessment in Facility or direction from Contact if in Community care.
	<p>Assistance with Equipment During Ambulation:</p> <ul style="list-style-type: none"> ➤ Caregiver may gently guide the movement of mobility aid to ensure it is positioned in front of Client. ➤ If a wheelchair is required, another Caregiver can follow behind Client with a wheelchair. Apply brakes prior to Client sitting down.
	<p>Comfort and Positioning:</p> <ul style="list-style-type: none"> ➤ Caregiver removes transfer belt if applicable. ➤ Ensure Client is comfortable and safely positioned.
<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>	