

SAFE MANUAL HANDLING OF CLIENTS



WHY IS IT IMPORTANT?



Incorrect techniques can hurt both yourself and your client. For example, pulling someone up from under their armpit puts pressure on their ball and socket joint and risks damaging the shoulder.

HOW TO ADVISE A CLIENT TO STAND UP

1. Encourage them to shuffle towards the front of their chair
2. Their weight should go forward rather than up, a good phrase is nose over toes
3. Ensure they are looking forwards rather than down at their feet
4. Encourage them to stand through their legs and to push up using the arms of their chair.
5. Guide them to stand on a count such as ready steady stand or 1, 2, 3 stand.

ASSISTANCE YOU CAN PROVIDE

Some clients might require support for confidence. You can assist by placing one hand on the small of their back and the other on the front of their shoulder to help guide them into a standing position.



WHEN TO REFER

Knowing when someone requires extra help out of your remit can be very important to prevent unsafe practices, increase their wellbeing and keep them out of hospital.

If someone becomes unable to stand without support then they should be referred to community therapy. They may be able to provide equipment to help them stand, such as chair raisers.

If a client is unable to get off the ground without help, community therapy can provide them with equipment to prevent people having to lift them up.



Disclaimer: The information provided is just guidance. Always seek professional support if you are unsure