


**Work Health Safety: Safe Work Practice: Personal & Medical
Showering client**

 Risks	Risk rating	Risk Controls
Injury to staff from bending while assisting client with showering	Likelihood: C Consequence: 3 Rating = HIGH	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Only staff competent in relevant Safe Work Practice allowed to assist client with showering <input checked="" type="checkbox"/> Staff not to lift, push or pull client <input checked="" type="checkbox"/> Staff to ensure client moves themselves as much as possible. <input checked="" type="checkbox"/> Staff only to assist with showering if there is sufficient room around the shower
Injury to client or others from client fall/trip	Likelihood: C Consequence: 3 Rating = HIGH	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Never give more help than is required – encourage independence. <input checked="" type="checkbox"/> Only staff competent allowed to assist client with showering <input checked="" type="checkbox"/> Staff to ensure client is attentive to where/how they are walking or standing <input checked="" type="checkbox"/> Allow plenty of time, don't rush the client. <input checked="" type="checkbox"/> Shower chair to be used if necessary <input checked="" type="checkbox"/> Staff to help a client to steady themselves if they lose balance, but never attempt to catch them if they are falling. <input checked="" type="checkbox"/> Clean up water spills as soon as possible
Infection from contact with body fluids, waste or germs	Likelihood: D Consequence: 4 Rating = LOW	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Client to undress and clean self with minimal or no assistance from staff <input checked="" type="checkbox"/> Staff to wear gloves <input checked="" type="checkbox"/> Staff wear apron if client needs assistance washing self or if client has an infection/a wound/catheter. <input checked="" type="checkbox"/> Wash hands

Equipment required:

<i>Mercy Services equipment</i>	<i>Others equipment</i>
Worker to wear <u>footwear</u> that is fully enclosed, slip resistant sole, water repellent/resistant and provides adequate support. Possibly - aprons, shoe covers Personal Protective Equipment required: gloves,	A hand held shower nozzle, soap, clean towels,

Activity	Worker behaviour	Client behaviour
1. Prepare	<ul style="list-style-type: none"> a. Check in client's Care Plan for degree of assistance needed with showering b. Gather any required aids such as bath-boards, hand-held shower hoses or shower-chairs. c. Put on gloves if necessary or wash hands thoroughly for three minutes. Put on apron and shoe covers or gum boots if worn. 	<ul style="list-style-type: none"> a. client to be an active partner in making decisions about activities in which they participate

Activity	Worker behaviour	Client behaviour
	d. Prepare bathroom – bath towels, soap and client’s clean clothing.	
2. Assist client in bathroom	<ul style="list-style-type: none"> a. Assist client to get to bathroom. b. Assist client to undress, where necessary. c. Take care to place discarded clothing so as to prevent tripping. d. Adjust water temperature for safety. 	<ul style="list-style-type: none"> a. client to do as much for her/himself as possible b. client to concentrate on task c. client to use own strength to stay balanced and to move her/himself d. client to undress and clean self with minimal or no assistance from staff
3. Assist client shower	<ul style="list-style-type: none"> a. Assist client onto bath board or into shower or onto shower chair, where necessary. b. Encourage client to wash those areas he/she can manage. c. Wash those areas the client cannot manage with attention to skin folds, groin and orifices. 	<ul style="list-style-type: none"> a. client to concentrate on task b. client to use own strength to stay balanced and to move her/himself c. client to undress and clean self with minimal or no assistance from staff
4. Assist client dry and dress	<ul style="list-style-type: none"> a. Ensure floor area is dry prior to client exiting shower b. Assist client to exit shower area safely. c. Remove apron and shoe covers. d. Assist client to dry. Ensure client is adequately towel-dried with attention to skin folds, creases and feet. e. Apply talcum powder, creams and deodorant as requested by client. f. Assist client to dress. 	<ul style="list-style-type: none"> a. client to wait until worker ready for them to exit shower b. client to concentrate on task c. client to use own strength to stay balanced and to move her/himself d. client to be an active partner in making decisions about how they are to be dried and dressed
5. Afterwards	<ul style="list-style-type: none"> a. Clean bathroom by mopping floor, removing wet towels and all clothing. b. Dry mop wet floor and dry other wet areas. c. Remove gloves. d. Wash hands. 	
6. Follow-up	a. Document any incident and report it to your Coordinator immediately	

As at 07/06/17 this Safe Work Practice is authorised for use in:

<i>Service</i>	<i>Position</i>
Day Centre	Activity Officer and Coordinator
Home Care Packages	Community Care Assistant
Home Support Program/NDIS	Community Care Assistant
Residential Aged Care	Assistant in Nursing

Date for review of safe work practice: June 2020 (or if injury or changes require)

COMPETENCY ASSESSMENT

Showering client

Employee _____

Assessor _____

Date _____

Desired Outcome:

For staff to assist a client to shower without causing injury or distress to self or client

Knowledge required:

Performance Criteria	Competence demonstrated	Comment
1. Prepare		
a. Checks client's Care Plan for degree of assistance needed with showering		
b. Gathers any required aids such as bath-boards, hand-held shower hoses or shower-chairs.		
c. Puts on gloves if necessary or wash hands thoroughly for three minutes. Puts on apron and shoe covers or gum boots if worn.		
d. Prepares bathroom – bath towels, soap and client's clean clothing.		
2. Assist client in bathroom		
a. Assists client to get to bathroom.		
b. Assists client to undress, where necessary.		
c. Takes care to place discarded clothing so as to prevent tripping.		
d. Adjusts water temperature for safety.		
3. Assist client shower		
a. Assists client onto bath board or into shower or onto shower chair, where necessary.		
b. Encourages client to wash those areas he/she can manage.		
c. Washes those areas the client cannot manage with attention to skin folds, groin and orifices.		
4. Assist client dry and dress		
a. Ensures floor area is dry prior to client exiting shower		
b. Assists client to exit shower area safely.		
c. Removes apron and shoe covers.		
d. Assists client to dry. Ensures client is adequately towel-dried with attention to skin folds, creases and feet.		

e. Applies talcum powder, creams and deodorant as requested by client.		
f. Assists client to dress.		
5. Afterwards		
a. Cleans bathroom by mopping floor, removing wet towels and all clothing.		
b. Dry mops wet floor and dry other wet areas (if necessary).		
c. Removes gloves.		
d. Washes hands.		
4. Follow-up		
a. Documents the incident and report it to your Coordinator immediately		

Is the worker assessed as being competent? YES NO

Any required follow up action/training: _____

Signature of employee Date.....

Signature of assessor Date.....