


Work Health Safety: Safe Work Practice: Support

Assisting client with walking aid to walk.

 Risks	Risk rating	Risk Controls
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"/> Coordinator to ensure that client walking aid was the result of OT/physio assessment <input checked="" type="checkbox"/> Only staff competent allowed to assist client with walking aid to walk <input checked="" type="checkbox"/> Staff to ensure clients is attentive to where/how they are walking <input checked="" type="checkbox"/> Allow plenty of time, don't rush the client. <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"/> Never allow client to use a walking frame to pull up from sitting in a chair or for balance when taking a seat in a chair. Use the arms of the chair, if any.

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. Personal Protective Equipment required:	Walking aid

Activity	Worker behaviour	Client/other's behaviour
1. Prepare	<ul style="list-style-type: none"> a. Encourage the client to use the aids they have. b. Remind client of the need for appropriate footwear for walking. c. Ensure the environment is safe before the client starts walking. d. Remove distractions so the client can concentrate on walking. e. Check stoppers, wheels and brakes to ensure they in good working order. 	<ul style="list-style-type: none"> a. client to use the aids they have b. client to use appropriate footwear for walking c. other clients who may be a distraction are to stay out of area so the client can concentrate on walking.
2. Assist client to walk	<ul style="list-style-type: none"> a. As needed remind client to concentrate on walking b. Ensure the client is standing as straight as possible and balanced before taking any steps. c. Help maintain stability of client. d. Look ahead to ensure clear, safe pathway for both client and self. e. Make use of rest stops, as required. 	<ul style="list-style-type: none"> a. client to concentrate on walking b. client to use own strength to stay balanced and to move her/himself c. other clients who may be a distraction are to stay out of area so the client can concentrate on walking.
<i>a. With single point sticks, quad sticks</i>	<ul style="list-style-type: none"> <i>a. stand on the client's weaker side.</i> <i>b. Client should hold stick in stronger hand.</i> <i>c. For quad sticks ensure all four feet are planted before stepping.</i> 	<i>As above</i>

Activity	Worker behaviour	Client/other's behaviour
<i>and crutches:</i>	<p><i>d. Generally encourage a walking pattern stick – weak leg – strong leg. However, be mindful that this may not always be the most appropriate. The client usually knows or may need check with client's physiotherapist/O.T.</i></p> <p><i>e. The stick should move forward the equivalent of the client's step length.</i></p> <p><i>f. With crutches, ensure the client is weight-bearing through the hands, not the armpits.</i></p>	
<i>b. With Walking Frames:</i>	<p><i>a. Stand on the client's stronger side.</i></p> <p><i>b. When standing, the client's feet should remain in front of an imaginary line between the back wheels or stoppers.</i></p> <p><i>c. Encourage frame – weak leg- strong leg walking pattern.</i></p> <p><i>d. If the frame has no wheels, ensure all four stoppers are planted before the client steps.</i></p> <p><i>e. Ensure carry tote, if frame has one, is not over-full as may cause frame to tip</i></p> <p><i>f. Encourage client to stand up tall and tuck in bottom. Discourage shoulder shrugging.</i></p> <p><i>g. Be especially alert if frame has a seat as transfers from seated to standing or standing to sitting on the frame-seat can be very precarious.</i></p>	<i>As above</i>
<i>c. With steps and stairs:</i>	<p><i>a. generally use ramps rather than stairs</i></p> <p><i>b. generally, people are best using a rail, stepping up with stronger leg and down with weaker leg. Some clients may be safe to go sideways.</i></p> <p><i>c. encourage client to lean forward after stepping with the first leg.</i></p> <p><i>d. stand behind the client when going up stairs, supporting person from behind – if required</i></p> <p><i>e. stand in front of the client when going down stairs.</i></p>	<i>As above</i>
3. Follow-up	a. Document any incident and report it to your Coordinator immediately	

As at 27/09/16 this Safe Work Practice is authorised for use in:

Service	Position
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
Support Coordination	Case Manager and Coordinator

Date for review of safe work practice: September 2019 (or if injury or changes require)

COMPETENCY ASSESSMENT
Assisting client with walking aid to walk.

Employee _____

Assessor _____

Date _____

Desired Outcome:

For staff to assist a client with a walking aid to walk without causing injury or distress to self or client

Knowledge required:

Performance Criteria	Competence demonstrated	Comment
1. Prepare		
a. Encourage the client to use the aids they have.		
b. Remind client of the need for appropriate footwear		
c. Ensure the environment is safe before the client starts walking.		
d. Remove distractions so the client can concentrate		
e. Check stoppers, wheels and brakes to ensure they in good working order.		
2. Assist client to walk		
a. As needed, remind client to concentrate on walking		
b. Ensure the client is standing as straight as possible and balanced before taking any steps.		
c. Help maintain stability of client.		
d. Look ahead to ensure clear, safe pathway for both client and self.		
e. Make use of rest stops, as required		
a. With single point sticks, quad sticks and crutches		
a. stand on the client's weaker side.		
b. Client should hold stick in stronger hand.		
c. For quad sticks ensure all four feet are planted before stepping.		
d. Generally encourage a walking pattern stick – weak leg – strong leg. Be mindful that this may not always be the most appropriate.		
e. The stick should move forward the equivalent of the client's step length.		
f. With crutches, ensure the client is weight-bearing through the hands, not the armpits		
b. With walking frames:		
a. Stand on the client's stronger side.		

Performance Criteria	Competence demonstrated	Comment
<i>b. When standing, the client's feet should remain in front of an imaginary line between the back wheels or stoppers.</i>		
<i>c. Encourage frame – weak leg- strong leg walking pattern.</i>		
<i>d. If the frame has no wheels, ensure all four stoppers are planted before the client steps.</i>		
<i>e. Ensure carry tote, if frame has one, is not over-full as may cause frame to tip</i>		
<i>f. Encourage client to stand up tall and tuck in bottom.</i>		
<i>g. Be especially alert if frame has a seat as transfers from seated to standing or standing to sitting on the frame-seat can be very precarious.</i>		
c. With stairs and ramps:		
<i>a. Generally use ramps rather than stairs</i>		
<i>b. Generally, people are best using a rail, stepping up with stronger leg and down with weaker leg. Some clients may be safe to go sideways.</i>		
<i>c. Encourage client to lean forward after stepping with the first leg.</i>		
<i>d. Stand behind the client when going up stairs, supporting person from behind – if required</i>		
<i>e. Stand in front of the client when going down stairs.</i>		
3. Follow-up		
a. Document 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.....