


**Work Health Safety: Safe Work Practice: Support**

**Accompany client on a 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"> <li><input checked="" type="checkbox"/> Only staff competent allowed to accompany client on a walk</li> <li><input checked="" type="checkbox"/> Staff to ensure clients is attentive to where/how they are walking</li> <li><input checked="" type="checkbox"/> Allow plenty of time, don't rush the client.</li> <li><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.</li> <li><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.</li> </ul>
Sunburn or heat exhaustion due to prolonged sun/heat exposure	Likelihood: D Consequence: 4 Rating = LOW	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Ensure pre-activity site inspection identifies site with adequate shade.</li> <li><input checked="" type="checkbox"/> Hats mandatory for staff and clients participating in outside activities during the day.</li> <li><input checked="" type="checkbox"/> Staff to bring and apply sunscreen</li> </ul>

**Equipment required:.**

<i>Mercy Services equipment</i>	<i>Others equipment</i>
<p>Sun screen, hat, mobile phone</p> <p>Worker to wear <u>footwear</u> that is fully enclosed, slip resistant sole, water repellent/resistant and provides adequate support.</p> <p><b>Personal Protective Equipment required:</b></p>	<p>Hat, non-slip footwear, sunscreen</p>

Activity	Worker behaviour	Client/other's behaviour
1. Prepare	<ul style="list-style-type: none"> <li>a. When you meet the client – introduce yourself and explain the program for your time with them.</li> <li>b. As much as possible - encourage client to choose walk route and to identify items they need to bring (hat, footwear, walking aid, sunscreen)</li> <li>c. Co-ordinator to be aware of and agree with safe walking route</li> </ul>	<ul style="list-style-type: none"> <li>a. client to bring any aids and items they need</li> <li>b. client to be an active partner in making decisions about activities in which they participate</li> </ul>

<b>Activity</b>	<b>Worker behaviour</b>	<b>Client/other's behaviour</b>
	d. Familiarize self with route and any potential hazards, such as trip hazards, before accompanying client on walk.	
2. Assist client to walk	a. Ensure client walks with items identified above b. As needed remind client to concentrate on walking c. Ensure the client is standing as straight as possible and balanced before taking any steps. d. Help maintain stability of client. e. Look ahead to ensure clear, safe pathway for both client and self. f. Ensure client stays on the established path g. Walk only the agreed (Step 1.c.) route and distance h. Make use of rest stops, as required.	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.
3. Afterwards	a. Ensure clients is in good health after the walk b. Ensure that client has had a drink of water	
4. 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:**

<b><i>Service</i></b>	<b><i>Position</i></b>
Community Transport	Driver
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

### Accompany client on a walk

Employee \_\_\_\_\_

Assessor \_\_\_\_\_

Date \_\_\_\_\_

**Desired Outcome:**

For staff to accompany a client on a walk without causing injury or distress to self or client

Performance Criteria	Competence demonstrated	Comment
<b>1. Prepare</b>		
a. When you meet the client – introduce yourself and explain the program for your time with them.		
b. As much as possible - encourage client to choose walk route and to identify items they need to bring (hat, footwear, walking aid, sunscreen)		
c. Co-ordinator to be aware of and agree with safe walking route		
d. Familiarize self with route and any potential hazards, such as trip hazards, before accompanying client on walk.		
<b>2. Assist client to walk</b>		
a. Ensure client walks with items identified above		
b. As needed remind client to concentrate on walking		
c. Ensure the client is standing as straight as possible and balanced before taking any steps.		
d. Help maintain stability of client.		
e. Look ahead to ensure clear, safe pathway for both client and self.		
f. Ensure client stays on the established path		
g. Walk only the agreed (Step 1.c.) route and distance		
h. Make use of rest stops, as required.		
<b>3. Afterwards</b>		
a. Ensure clients is in good health after the walk		
b. Ensure that client has had a drink of water		
<b>3. Follow-up</b>		
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.....