



Practical Guidance

Lifting, Carrying & Lowering Loads – Demonstrate Full and semi squat

Pushing & Pulling Wheelchairs – Demonstrate Pushing & Pulling technique

Sitting to Standing from Chair - Verbal Guidance

Sitting to Standing from Chair - 1/2 Carers minimum assistance

Standing to sitting - 1/2 Carers minimum assistance

Sitting to Standing from Chair or Bed - with Handling Belt 2 Carers

Assisted Walking - 1/2 Carers Fist under Palm technique

Assisted Walking - 1/2 Carers with Handling Belt

Moving forward in Chair - Verbal Guidance (Hands on arm of chair and lift cheeks, side to side technique)

Moving forward in Chair - 2 x Minimal Assistance techniques (Hands on hips with backwards stepping & Kneeling assistance with hand support side to side technique)

Moving back in Chair - Verbal Guidance (Hands on arm of chair and lift cheeks, side to side technique)

Moving back in Chair - Minimal Assistance (Kneeling assistance with hand support side to side technique)

Assistance back to bed to lay on back – minimal assistance (Walking hands either side of body, lift feet with minimal assistance)

Assistance back to bed to lay side lying - minimal assistance (Walking hands next to in direction of headboard, lift feet with minimal assistance)

Assistance back to bed to lay side lying - with lateral transfer to the middle of the bed (Roller Sheet or flat sheets)

Assistance from Side lying to sitting on side of bed - Customer to push down and carer to push right shoulder

Rolling customer – Knee bent, arm in L shape and other arm to reach for elbow. Carers hand on buttock and top of arm



Rolling customer to apply Roller Sheet/flat sheet – Roll under side of body
Rolling customer both sides

Unravelling Roller Sheet under supine customer – Fold sheet and unravel from head end or foot end

Unravelling 2 flat sheets under supine customer - Both sheets together, Fold sheet and unravel from head end or foot end

Moving customer up the bed with roller & flat sheet - Verbal Guidance

Moving customer up the bed with roller & flat sheet – Assistance by pushing (1 Carer, 2 Carers) Link arms against buttocks and face head end

Moving customer up the bed – pulling (2 Carers) Face foot end and sit back on heels

Types of Slings – Show 3 ways of use, Hammock, cross over and under each leg (Discuss purpose and show picture of toileting sling)

Applying a Universal Sling - rolling customer both ways

Applying a Universal Sling - rolling once (Origami technique)

Applying a Universal Sling under supine customer - between flat sheet (from Head end or foot end)

Use of Mobile Hoist - Explain parts of hoist (For transferring not transporting)

Pushing & Pulling Mobile Hoist – With or without customer attached

Hoisting from Bed to Chair

Applying a Universal Sling under customer in chair when customer cannot bend forward – Use of roller sheet

Hoisting from Chair to Bed

Falling customer (do not perform practical – just discuss)

Fallen customer back to chair - Verbal Guidance (use of chair to push up)

Fallen customer to sitting on floor – minimal handling with 2 Carers –Elbow to elbow and sit back on heels

Fallen customer to sitting on floor – minimal handling with 2 Carers and upside down chair to support customer



Unravelling roller sheet under fallen supine customer – Start at head end/foot end same technique as in bed

Moving fallen customer from confined space - using 3 flat sheets & 2 extension cables (2 Carers) Discussion

Hoisting patient from floor to bed/chair – Hoist to be entered in sideways (legs under neck and knees – use of padding to support)

Stand Aids (if provided)

Standing Hoist (if provided)

Rotunda (if provided)

Steady (if provided)

Chair to Bed/ Bed to Chair/chair to chair using Transfer Board (if provided)

Please Note:

Only demonstrate the main techniques that your care workers will use. Please remember that other types of equipment that you do not have in training and you or your care staff have not used this will need to be trained customer specific.