

***TLR Safe Work Practice - Client Moving:
Lying to Sitting-Sitting to Lying*****TLR Safe Work Practice - Lying to Sitting or Sitting to Lying**

Many TLR techniques require the client in a sitting position prior to the move. To assist with ensuring the safety of the worker(s) and the client, TLR incorporates pre or post steps to a TLR technique that are:

- Lying to Sitting
- Sitting to Lying

The client risk assessment would indicate if this technique is appropriate.

- workers may provide the client with verbal guidance, hand motions, placement of limbs and use of assistive devices, in order to achieve a sitting position.
- the brakes on the bed would be locked and working properly
- consideration must be given to removing repositioning sheets in order to eliminate or manage the risk associated with slipping off the bed
- head of the bed would be raised/lowered to an appropriate position
- the bed would be raised/lowered to a safe height and adjusted to ensure the client's feet rest flat on the floor when seated on the edge of the bed
- assistive devices may be required (and positioned appropriately) for the client to achieve a sitting or lying position. The worker would be trained on appropriate use of devices which may include trapeze, Sask-a-pole, pillows, side rail, sliders, belts, tubes, side rail, etc.
- transfer belt would be applied once the client has achieved the sitting position
- increased worker communication and observation skills are encouraged as the client may be stiff, sore, dizzy, or experience other symptoms due to the change in position

NOTE: the sit/stand lift is **not** intended to achieve lying to sitting, sitting to lying

Workers ensure safe body mechanics when providing assistance:

- keep the head and trunk aligned
- maintain the gentle 'S' curve of the spine
- tighten core
- use strong leg muscles to raise/lower their body

Incorporating a total lift to raise/lower/position the client's legs may be necessary.

Refer to the TLR User Manual, Module 4, for more information on TLR standard client moving techniques.

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!