

Safe Work Procedure (SWP)

Name of Task: SCH Supervise Walking

Description of Task: Provide client with verbal cues while walking.

Position/Job: HSW, HCA, ISW, RA, nurse **Department/Unit:** WRHA Home Care

Equipment and/or Tools Required: Appropriate footwear for client **Personal Protective Equipment (PPE) Required:** Appropriate footwear and clothing for staff

Potential Hazards: Forceful movements, awkward/sustained positions, forceful movements, infection transmission, violent and/or aggressive behavior
 Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

- Considerations:**
- Client must be assessed for ability. Do not proceed with transfer and contact supervisor if there are changes in client's ability.
 - Client must be able to:
 - Follow directions and be cooperative
 - Reliably weight bear through legs
 - Reliably take steps
 - Have adequate walking tolerance

Steps to be taken to complete task safely:

1 **Client stands:**

- If client is sitting on wheelchair or bed, ask client to lean forward and push up with arms and legs to standing position.
- Ask client to pause if dizzy or not balanced.

2 **Client walks:**

- Stand behind and to the side of the client in a wide base of support with one foot in front of the other, hips and knees slightly bent and back straight.
- Take small steps with client.
- If needed, offer resting breaks.

Note: Do not lift or hold the client up if unable to regain balance and client is falling.



Responsibilities

Managers/Supervisors or Designate: Ensure all duties are performed in accordance to training, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures)

Staff performing task: Perform task in accordance to training, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures). Notify Manager/Supervisor or designates of all occurrences/incidents, injuries, illnesses or safety and health concerns which are likely to harm themselves, co-workers, or any others who enter the premises.

Completion and Review

This safe work procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years from the last revision date

Approved by: Pending approval by PWHSWG and PHRLC

Created by: Home Care Safe Client Handling Committee

Last Revision Date: February 2019

