

# **Moving & Handling Practical Sessions**

## **Sit to Stand Moves**

## Sit to Stand Moves

All the sit to stand moves in this book follow the same key principles regarding care worker and client positioning using the ideas discussed already within this book. The moves illustrate one care worker and two care workers assisting depending on your client's needs as indicated in the risk assessment. However, please note all clients being moved in this way should have the ability to at least partially weight-bear.

The use of a handling belt is given as an option for all the sit to stand moves again dependent on your client's requirements. Any of the next three moves could be combined if two care workers were assisting as an alternative technique. That is to say, one care worker could do a forward step move on one side of the client and the other a backwards step or sideways step on the other. This affords the client good support from the care workers.

### Forward Step Move

#### Minimum Assistance

*Start feet together slightly behind client's hips, facing line of travel and at an oblique angle for comfort.*

*Widen base, stabilise care worker's feet into a 'L' shape. Readjust hips and feet for comfort.*



*Support client by 'palmar hold' to shoulder or hand support – palm to palm/resting hand over clenched fist. Other arm along back, maintaining good contact across back. Use palmar hold to far hip area or mid-back, if client needs less support. On command, step forward with front leg, then mirror with back leg, bring hip into support client if needed. Keep care worker's hip behind client's hip throughout.*



### **Moderate Assistance**

*The use of two care workers and possibly a handling belt will offer more assistance to the less able client. Both care workers should cross their arms at the client's back maintaining good contact on the back to the client's furthest hip area, and undertake the move as previous page.*



**Equipment Used: Handling belt**  
(optional)

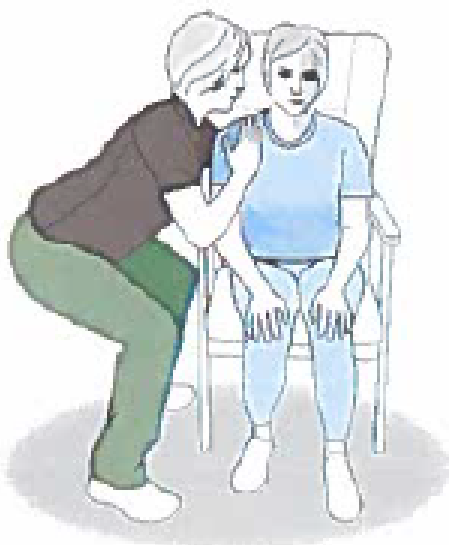


## Sideways Step Move

### Minimum Assistance

*Good all-round stable move.*

*Start feet together, stomach in line with client's shoulder. Feet placed either side of shoulder into a stable base. Support client using palmar hold to the front of client's shoulder nearest to you, be mindful not to push down on the top of the shoulder with your fingers. You could adopt a hand-hold if preferred. Arm across back to furthest hip area (or mid-back if using a handling belt) maintaining good contact across the back. Flex hips to lower centre of gravity. On command, step forward with lead leg in line of travel, mirror with back leg. Start stable - finish stable. Step towards client to further stabilise them if required.*



### **Moderate Assistance**

*As above with two care workers assisting, plus the use of a handling belt if required. Both care workers' arms should cross at the client's back to their furthest hip. The care workers' feet should create a rectangle with client positioned in the middle for maximum support.*



**Equipment Used:** Handling belt (optional)

**Backward Step Move – used infrequently and only in certain circumstances, owing to potentially compromised posture and increased physical exertion for the care worker.**

### **Minimum Assistance**

*Used in small toilet areas, middle of settee or bed, or when side access is limited.*

*Start feet together slightly in front, facing client – widen base – stabilise – 'L' shape into the oblique position – outside foot down side of chair. Support client on furthest hip area – by placing hand across their abdomen. Other hand placed just under shoulder blade, nearest to care worker. Fingers of care worker can be set apart as the client's shoulder area is wide and flat.*





*On command step back very slightly with back leg – transfer your weight from your forward leg to your backward leg to stabilise. Maintain 'L' shape and oblique angle with feet at end of move. Ensure the care worker's movement backwards is only slight. If the care worker's movement is over-zealous, the client may topple the care worker backwards.*

### **Moderate Assistance**

*Two staff plus handling belt could be incorporated to assist as required. Undertake move as above with both care workers' arms crossed at the front of the client. Again, be sure not to step too far back as the client is likely to over-balance the care workers.*

**Equipment Used:** Handling belt (optional)