

- Walking and Assistance

Safety Precautions

- Ensure both you and the client have appropriate footwear and clothing on (enclosed shoes and non-baggy clothing) for the type of shift.
- Wear gloves and masks when working closely with chemicals and bodily fluids.
- Watch your body positioning
- Assess the environment and pathway for any obstructions and hazards
 - Remove obstructions and hazards as required.
- Be observant and prepared to support them if required.
 - When walking independently or minimal assistance Staff can gently position nearest hand on the middle of client's back.
- When using a walk belt:
 - Ensure that the belt the client has is still able to close at the front (if not, please contact and inform the office).
 - Check that the walk belt is in good condition (the loops are attached and the velcro is intact).

Walking with Supervision

Mobilising independently:

- Staff should walk to the side and slightly behind the client.
- If the client has a weaker side, encourage use of a handrail on their stronger side and Staff should walk on the weaker side.

Mobilising with Minimal Assistance:

- Offer your closest arm with your palm facing downwards or placing fingers in a "duck bill" position.
- The client places their hand on your forearm for support and to guide their walking.
- The client should only be resting their hand on the support worker's arm, the support worker should not be supporting the client's weight.



Duck Bill hand position (left) and stabilising with hand resting on mid back (right)

Walking With Aids (Walk Belt)

Fitting a Walk Belt:

- If the client is seated, ask them to shuffle forward and lean slightly forward.
- Ask the client to raise their arms before you place the walk belt behind their back.
- With the client sitting upright, secure the walk belt around the client's waist. Ensure that it is not too tight or too loose.

Mobilising with the walk belt:

- Staff should walk to the side and slightly behind the client. Staff's near hand holding the walk belt back handle the other one at the client's side.
 - If the client has a weaker side, Staff should stand on the weaker side.
- Ask the client to lead by taking small steps.
 - If they have a weaker side, step forward/lead with their stronger/unaffected side.
 - Maintain safety and back care by having a wide base of support.



Holding walk belt beside the client (left) and stabilising with holding the back of the walk belt (right)

- Walking and Assistance

Walking Stick

Note:

- Walking sticks are used on the unaffected side/stronger side of the body.
- The stick should be placed forward at the same time as the affected leg and then the unaffected leg follows.

Stairs:

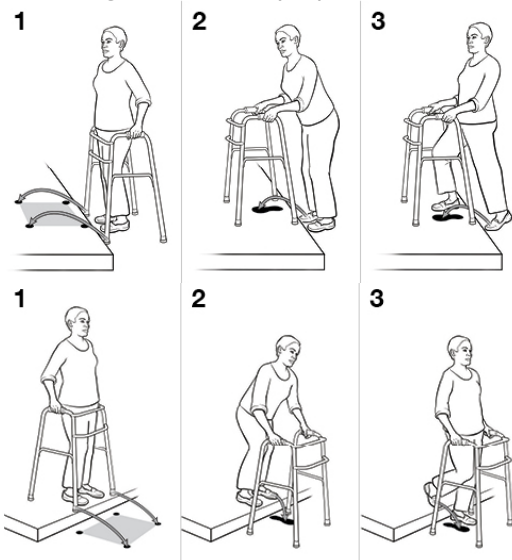
- When going UP stairs, place the unaffected leg on the first step, follow with the walking stick and the affected leg at the same time.
- When going DOWN stairs, the stick and the affected leg should be lowered first, then the unaffected leg down to the same step.

Visual Images of the Procedures

Using a walking stick up the stairs and down the stairs



Using a walking frame to step up then down a step/kerb



Walking Frame or Four-wheeled Walker

Note:

- Clients should not step too close to the frame or place the frame too far in front of them when walking.
- All four legs of the frame must be on the ground at the same time when walking.

Single Step or Kerb:

- When going UP a step, the frame should be placed on the landing with all four legs on the same surface. Followed by the unaffected leg, then the affected leg.
- When going DOWN a step, the frame should be placed on the landing with all four legs on the same surface. Followed by the affected leg, then the unaffected leg.

Folding/Unfolding a Four-wheeled Walker for transferring it (e.g in/out of vehicle)

Folding

- Lock the brakes of the wheeled walker to prevent it from moving.
- Fold up the seat, to access the basket underneath.
- Find the handle/strap located in the seat/basket and pull it up.
 - This will fold up the wheeled walker by bringing the wheels together.

Unfolding

- Make sure the brakes are locked
- Use one hand to grab the handle to prevent unnecessary movement.
- On the outside of the seat/basket, locate and pull out on the folding lock (metal lever)
- Hold onto both handles of the walker and push down, expanding the walker to its original position.



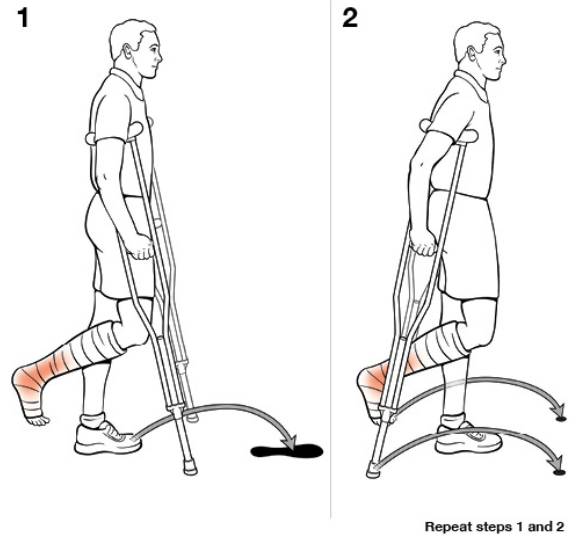
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Safety:

- Check crutches are safe and in good working order (e.g. paddings, nuts are fastened).
- Wear supportive shoes on the unaffected foot to provide support and prevent further injury.
- When walking ensure there is adequate space available for clients to comfortably move.

Walking:

- Move the crutches with the affected leg first
- Follow through the unaffected leg



Stairs

Using one crutch (or two crutches under one arm) and one handrail

- When going UP stairs: lead with unaffected leg first, followed by both crutches and then affected leg together
- When going DOWN stairs: lead with the affected leg and both crutches down together first, followed by the unaffected leg.
- Alternatively, place both of the crutches in the hand opposite the handrail and use the handrail with the above steps.

