

Guideline C1: Assisting a person to stand from a chair or a bed

Remember - carers are twice as likely as people in most other professions to injure their backs through moving and handling activities. To help minimise these risks always consider the following before assisting a person to stand:

Self help	Can the activity be avoided i.e. can the person stand independently? You may be able to assist this by encouraging them to move to the front of the chair and place their feet flat on the floor slightly apart, then lean forwards and push on the chair arms.
Ergonomics	Is there suitable equipment and an appropriate working environment? An appropriate seat greatly assists a person to stand. The use of a transfer board may make standing unnecessary. Other equipment to consider includes a standing hoist, chair/bed raisers, riser chair/unit, self lift/raised toilet seat, grab rails, bed lever, electrically operated height adjustable bed, hand blocks.
Communication	Check how the person wishes to be assisted and consult their handling plan. It may be helpful to explain that adopting a good sitting posture assists standing. Give verbal prompts to look up.
Safety	Check that the person can reliably stand and bear their weight. Ensure there is space to work safely and that the seat will not move. Check floors for slipping hazards e.g. spills, loose rugs. The person's footwear should be suitable. Avoid rushing and ensure walking aids are not used to pull on since these can tip. Mechanical equipment should be used wherever possible for those who require more than minimal assistance to stand. Manufacturer's instructions must be referred to for guidance on the use of equipment.

Method 1: Assisting to stand from a chair

Preparation

1. Assess if 1 or 2 carers are needed and if 2 which will give the instructions
2. Encourage the person to move to the front of the chair and place their feet flat on the floor, slightly apart
3. If 1 carer is involved, assist the person's weaker side unless otherwise directed by therapists

Providing assistance

1. Stand at side of the seat facing forwards at an oblique angle just behind the person's shoulder. Keep as close as possible with your feet offset
2. Following the principles for safer moving and handling take a long low hold with your arm nearest the person and make close contact with their back (Fig: 1)



Fig: 1

1. Use an appropriate open palm hold with the other hand.
2. Ask the person to look up and push on the seat. As you step forwards move your outside foot first then your inside foot to maintain balance (Fig 2).
3. Once standing, check that the person is balanced (Fig: 3) and pass walking aids if required (Fig: 4).



Fig: 2



Fig: 3



Fig: 4

Method 2: Assisting to stand with 2 carers



Fig: 5



Fig: 6

When a person requires the support of 2 carers the preparation and method of providing assistance is the same as method 1 but performed by a carer on each side of the

person. They both use a long, low back hold and may use the same or different open palm holds as appropriate to the person's needs and their height (Figs: 5 and 6).

Method 3: Assisting to stand from a bed

This method should only be used to assist a person to stand from the edge of a bed following a careful risk assessment when there is no other suitable alternative available e.g. a mechanical bed that can raise the person to standing. It may also be used to assist a person to stand from other surfaces e.g. toilet, chair if access from the side is not possible.

Preparation

1. Assess if 1 or 2 carers are needed and if 2 who will give instructions.
2. If 1 carer is involved, assist on the person's weaker side unless otherwise directed by therapists.
3. Encourage the person to move to the front of the bed and place their feet flat to the floor.
4. If possible adjust the bed height. Some beds may be progressively raised and will reach a height that enables the person to stand independently (Fig: 7).



Fig: 7

Providing assistance

1. Stand in front of the person slightly to the side at an oblique angle. Keep as close as possible with your feet offset.
2. Relax down to the person's height and take a long low hold with the arm nearest the person across their front. Use an appropriate open palm hold with the other hand across the shoulder blade or upper back to encourage forward movement.
3. Ask the person to look up and push on the bed as they are assisted to stand.
4. Once standing check that the person is balanced and pass walking aids if required.

Warning

- Ensure that the person can reliably stand and maintain their weight before giving assistance. Mechanical aids should be used to assist those who cannot do this.
- Do not lift most or all of the person's weight.
- Do not use the drag lift or holds that anchor you to the person.
- Lifting belts/slings are not recommended for general use.
- Do not stand directly in front of a person to help them to stand unless trained by a therapist. Therapists must write down procedures to follow and ensure that those who will perform it are competent. Records must be kept to show this has been done.
- Do not manually support a person and at the same time adjust clothes etc.
- Do not rock a person to assist them to stand.