

Kōwhai Programme

Support for whānau & carers

How to Assist Someone to Move Safely

Safety First

Standing the right way helps keep you safe. Use these positions below to help protect your back.

Lunge Position

Wherever possible use the lunge position as this assists in protecting your back from injury. There are two ways of doing this.

1. One foot forward, pointing in the direction you are moving, and the other behind so you can move from leg to leg. By bending your knee you can transfer weight with less strain on your back.



2. Feet side by side by shoulder width apart so you can move weight from leg to leg using the large muscles in your thighs and buttocks.

Keep Knees relaxed, not locked straight.



Do Not Twist – Twisting puts your back at serious risk of injury. Instead place your feet at an angle so one foot is pointing in each direction. Then the large muscles in your thighs and buttocks do the work instead of your lower back.

Avoid Bending – as this also puts your back at risk of injury.



To Stand

1. Have person move forward in seat or on side of bed so they are seated toward the front.
2. Have them place their feet back so slightly under them.
3. Knees lower than hips makes it easier to stand. Consider raising the bed or chair, or use a cushion.
4. Person puts their hands on armrests or mattress to push up.



To Transfer

1. Have person move forward in seat or on side of bed so they are seated toward the front.
2. Person put hands on armrest, feet flat on floor.
3. Person reaches over to take far arm of other chair.
4. Place foot on that side close to far front leg of chair.
5. Push up and either swivel bottom across or stand and step around to other chair.



Assist to Stand

1. Carer adopts lunge position, one arm across back to opposite hip or waistband, other hand resting on front of shoulder.
2. State "We will rock and count and stand on three" so that all know when person will stand. (The rocking helps to make standing easier).
3. Rock, stand then pause before walking or transferring.
4. If using a walking frame, place this one step in front with the brakes on so when the person is standing it is in the right place to take hold of for support (Do not have person use it to pull themselves up).



Assist to Transfer

1. Carer is slightly on side and in front of person, in lunge position.
2. Ask person to reach for and hold far arm of chair. Step around and other hand then placed on arm.
3. Person slowly lowers themselves into chair with carer guidance.



Or for short distances or simple transfers:

Once person standing Carer stands in front holding their arms at right angles, bracing upper arms against body. Person can lean on carer's forearms while stepping around to other chair.



Slide Sheet

This is easiest with two people but can be done by one person moving from side to side.

Position Slide Sheet

1. Have person lift nearest knee and arm to lean towards opposite side. This lifts their body slightly off the bed.
2. Gather the folded edge of the slide sheet and push it down on the mattress under the hollows at neck, lower back, below bottom.
3. Straighten knee and arm and move opposite knee and arm over body towards carer.
4. Pull edges of slide sheet out until it is under their body from shoulder to hips.

