

Carers Information Card – How to safely assist a person in and out of a chair.



When moving out of the chair:

- Have the walking aid within easy reach.
- Ensure that the brake is on.
- Have both hands on armrests.
- Move to the edge of the chair with feet tucked in as close to chair before standing.
- Avoid holding the frame or walking aid while changing position.



IF assistance is required:

- Place your hand on low back and give gentle forward pressure if needed
- Do not pull on the arm.

When sitting, ensure:

- Maintain the three curves (ears, shoulders and hips in line)
- Sit right back on the chair
- Have support for your lower back
- Can use rolled towel
- Hips slightly higher than knees
- Keep feet flat on floor



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Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to assist a person in and out of a chair safely without injury to either themselves or the person.

Please note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If blocks are required to raise the chair, ensure that someone else checks them for safety.

Please contact: The Community Palliative Care Service if you have any concerns.

Further information: Back to Basics
www.caresearch.com.au

Acknowledgements: Physiotherapist - Kyneton District Health Service
Occupational Therapy Department- Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.