

1-2-3-Command

Communication is vital to ensure a smooth, coordinated move. In the Transferring Lifting Repositioning (TLR[®]) program[®], any move performed by more than one person must be done using the "1-2-3-command" approach. In addition, when one worker is performing a TLR client moving technique appropriate for one worker, the "1-2-3-command" is also used.

The "1-2-3" count provides a cue for each worker that the moving task is about to be performed. When the moving task involves a client, the count and command may also assist in preparing for the move.

The "command" is the action that the team is performing, such as "slide", "up", "down".

The primary worker will count 1-2-3 and say the command, such as "1-2-3-slide" or "1-2-3-up", etc. It is very important that the action being performed is indicated in the command.

1 2 3 Command

Communicating with Client and Co-worker(s) During the Move

Prior to the move, the worker(s) and the client understand the move to be performed. The primary worker communicates with the client and assistant/co-worker(s) during the moving technique by:

- giving short, clear commands one at a time throughout the moving technique
- signalling the count in the moving technique (e.g., "1-2-3-Stand" or "1-2-3-Sit")

The "1-2-3-command" is used

at the **beginning** of the moving task, such as:

"1-2-3-Stand"

throughout the moving task, such as:

"1-2-3-Step"

and again at the **end** of the moving task, such as:

"1-2-3-Sit"

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!