

TLR Safe Work Practice - Client Repositioning**TLR Safe Work Practice - Repositioning**

When repositioning a client, the TLR techniques **require** a set of **two sheets** as indicated. Each sheet has a slippery surface. Deviation from using the set of two sheets requires:

- a specialized client mobility risk assessment that is appropriately documented and communicated
- verification from the vendor that use of one sheet is safe for those involved in the moving task

Whenever possible, ensure the appropriate sliding device is on the bed before it is occupied by the client. This would assist in reducing the amount of manual handling of the client.

TLR safe repositioning includes:

- workers appropriately trained to use equipment/devices available in their agency
- using caution with anti-friction devices as the sliding action occurs quickly
- no manual lifting – repositions are a sliding action.
- workers using the *In The Moment* Risk Assessment
- verification that the weight of the client does not exceed the lifting capacity of the equipment being used as determined by manufacturer
- ensuring the client meets the criteria for the selected technique and device
- ensuring the appropriate number of workers are present
- worker positioning to ensure safe body mechanics
- effective communication
- stopping the moving task when any of the workers identify any risks that may jeopardize the safety of those involved in the moving task

Equipment/devices

- consideration should be given to repositioning devices that can be left under the client.
- if the device is left on the bed when the client goes from lying to sitting, ensure that the client is not sitting on it. This will ensure that the client does not accidentally slip off the edge of the bed. Slightly raising the lower part of the bed (knee-gatch) also inhibits the client from sliding back down in the bed.
- slippery sides face each other. The upper sheet is used as the draw sheet. The bottom sheet is securely tucked under the mattress to prevent it from moving during the reposition.
- client's shoulders and hips must be on the sheet as these are the heaviest portions of the body; pay special attention to the position of the client's head and neck to prevent injury during repositioning.
- the client's knees should be bent or their legs elevated on pillows to prevent their legs from being dragged during the move.
- refer to manufacturer's instructions for appropriate use, cleaning and maintenance. Sheets that are not designed to be left under the client are to be removed right after the move unless deemed appropriate by a specialized assessment.

It is important for workers to be supported with taking the time to practice techniques with their colleagues. Practice provides the opportunity for workers to experience being repositioned and become more familiar with proper use of the devices as per their training.

Repositioning with Mechanical Aids

Incorporating mechanical lifts and appropriate repositioning slings will promote the least amount of manual effort, eliminating or managing the risk of musculoskeletal injuries to workers. Incorporating mechanical lifts are not intended to limit client mobility. Mechanical lifts are used based on the risk assessment, for example when repetitive tasks increase the risk of injury.

There are other sling types available and proper training of workers is required; a specialized client mobility risk assessment may also be required:

- band slings for turning: designed for turning the client for tasks such as peri care, dressing and wound care
- band slings for holding: designed to hold limbs for tasks such as changing dressings, catheterization

A reposition with a mechanical lift and full rectangular positioning sling is used to:

- turn the client onto their side
- position the client up in bed
- move the client from one bed-like surface to another bed-like surface of equal height

TLR Safe Work Practice - Repositioning with Mechanical Equipment

A mechanical lift and positioning sling is used by a minimum of two workers.

The primary worker (the worker who is assigned to the client) is the leader for the moving task and is responsible for the safety of all those involved in the move.

Workers must be trained on the appropriate use of the lift with the positioning sling, and understand the manufacturer's information regarding the safe usage and laundering of the slings.

The workers position the sling under the full length of the client. Positioning slings can be left under the client for frequent turnings with the sheet and/or soaker pad are next to the client's skin.

Refer to the TLR User Manual, Module 4, for more information on TLR standard client moving techniques.

Safety Talk Discussion

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