

SAMPLE WRHA Competency Checklist Safe Patient Handling and Movement Program

Print Name _____

Facility/Unit _____

Instructions: The following is a list of skills, which are performed by healthcare workers (HCW). Please complete the self-assessment column*, and then have someone observe you perform this competency in the clinical setting. When a competency is performed correctly, the observer should fill in the date observed and the observer's initials and then sign the signature list. Complete the "age specific care" column. The preceptor/reviewer should add any qualifying comments and initial. Once a competency has been signed off as "Can Safely Perform Without Supervision" or "Demonstrates Competency," the HCW will be held accountable for that competency. You may be asked to repeat (update) the competency at a later date at the discretion of the director/manager.

Signatures:

I have completed the self assessment column _____ Date: _____

Preceptor/Reviewer Initials/Signature _____/_____

Safe Patient Handling & Movement	Self Assessment*	Demonstrates Competency/ Date/Initials of Observer	Competency Repeated Date/Initials of Observer	AGE SPECIFIC CARE A-ADOLESCENT (16-18, ≥ 100 lbs) B-ADULT (19-64) C-GERIATRIC (65+)	Comments/Initials
TLC 1-2-3					
1. HCW safety: <ul style="list-style-type: none"> • Looks at task and makes plan to keep HCW safe. • Uses algorithm 					
2. Patient Safety: <ul style="list-style-type: none"> • Does pro-active patient assessment to determine level of ability. • Uses Mobility Screen 					
3. Team safety: <ul style="list-style-type: none"> • Designates a leader • States goal of the move • Communicates with patient and team • Variation in height and size of team members • Variation in ability of team members 					

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Bariatric Care					
<ul style="list-style-type: none"> Identifies patients classified as bariatric 					
<ul style="list-style-type: none"> States patient bodyweight/height/girth/shape 					
<ul style="list-style-type: none"> Calculates BMI 					
<ul style="list-style-type: none"> Initiates bariatric protocols/guidelines Orders appropriate bariatric bed 					
Demonstrates Specific Techniques					
Moves patient up in bed					
<ul style="list-style-type: none"> 2 or more HCW using FRD Repositioning sheet and ceiling lift 					
Turns patient to side					
<ul style="list-style-type: none"> Using FRD Using Repositioning sheet and Ceiling lift 					
Moves patient from bed to chair /chair to bed using:					
Transfer/ Gait Belt					
<ul style="list-style-type: none"> States purpose for gait belt 					
<ul style="list-style-type: none"> Obtains gait belt prior to moving patient 					
<ul style="list-style-type: none"> Demonstrates correct application 					
<ul style="list-style-type: none"> Verbalizes precautions 					

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Stedy					
<ul style="list-style-type: none"> • Completes competency sheet 					
Sit to Stand Device					
<ul style="list-style-type: none"> • Completes competency sheet 					
Lift and Sling					
<ul style="list-style-type: none"> • Completes competency sheet 					
States how to lift patient from floor					
<ul style="list-style-type: none"> • Check for injury 					
<ul style="list-style-type: none"> • Applies sling 					
<ul style="list-style-type: none"> • Uses floor lift 					
Transfer Chairs					
<ul style="list-style-type: none"> • Completes competency sheet 					
<ul style="list-style-type: none"> • Completes Occurrence Report for patient event 					
<ul style="list-style-type: none"> • Completes Work-related Injury report for HCW 					