



Employee Name: \_\_\_\_\_

Employee Number: \_\_\_\_\_

Date: \_\_\_\_\_

Attending for Refresher

Attending for Return to Work

## Safe Client Handling and Mobility Refresher Part 1 Competency Checklist

These techniques have been demonstrated to the standards in the Best Practice Manual for DSS.  
Refresher Part 1 Completed  Incomplete

Evaluator comments: \_\_\_\_\_

See specific tasks listed below for description and marking with M, NMP, U, or O.

- Modified task, able to complete (M)                       Needs more practice (NMP)  
 Unable to complete task (U)                                       Observed Only (O)

Evaluator signature \_\_\_\_\_

Employee signature \_\_\_\_\_

<b><i>Work Position and Movement, Safety and Communication,</i></b>	
	Uses wide based or walking stance, bends hips and knees, avoids bending or twisting back
	Shifts weight with legs, avoids pulling with arms
	Kneels if needed to avoid bending over with back
	Moves at a reasonable pace, avoids rushing
	Aware of some examples of workplace hazards and potential situations to contact RC
	Aware of required use of pre-transfer checklist
	Aware of need to use required equipment and method for task
	Clears work space
	Adjusts bed height appropriately if available
	Demonstrates correct task sequence
	Demonstrates consistent, safe work procedures
	Demonstrates problem solving in practice situations
	Communicates clearly with client throughout task e.g. counts to 3
	Ensures client dignity and comfort throughout task



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<b><i>Bed mobility and Use of Sliders</i></b>	
	Aware of equipment options e.g. bed rails, therapeutic sleep surfaces
	Correctly places slider and removes slider
	Assists client to move over in bed with client who can assist
	Assists client to move over in bed with slider
	Assists client to turn in bed
	Assists client to turn in bed with slider
	Assists client to move up in bed with slider – holding feet
	Assists client to move up in bed with slider – assisting on weaker side
	Uses elbow check for position prior to assist to sit up
	Assists client to sit at side of bed
	Assists client to lie down in bed
	Assists to raise or lower client's legs into or off bed if needed
	Aware of options for lying to sitting depending on client's ability

<b><i>Transfers and Use of Transfer Belt</i></b>	
	Sliding board transfer – aware of use and precautions (no return demonstration required)
	Places transfer belt and holds handles correctly
	Uses transfer belt to guide position
	Uses correct position and method for minimum assist transfer
	Stands in guarding position and is able to assist if client loses balance when walking
	Aware of falls prevention and options to reduce risk of injury if client is falling

<b><i>Chair Repositioning</i></b>	
	Assists client to reposition in chair – correct use of hip walk method
	Assists client to reposition in chair – correct use of pillow