Name	e Instructor
Date:	
Key f	For Scoring:
	S = Satisfactory
	U = Unsatisfactory
	N/A = Not applicable to the staff person's duties
Relax	xation and Strengthening Exercises
	_ Deep Breathing
	_ Chin Tucks
	_ Neck Side Tilts
	_ Rotations with Chin Tuck
	_ Shoulder Squeeze
	Pelvic Tilt
	_ Wall Slide
	_ Calf Stretches
	_ Hamstring Stretches
	_ Trunk Rotations
	_ Upper Back Stretch
	Lower Back Stretch
Posit icriteri	ioning: Evaluate the staff person's technique while positioning based on the following
	Promote cooperation and preserve the dignity of the person being assisted.
	Promote symmetric alignment in which the head is centered and upright above the
	body, the spine is straight, and the arms and legs are balanced on either side of the
	body.
	Provide the amount of support needed to head, shoulders, trunk, and hips.
	If necessary use adaptive equipment for stabilization.
	Allow the individual freedom of movement and avoid providing excessive support.
	Provide positioning alternatives appropriate to the activity.

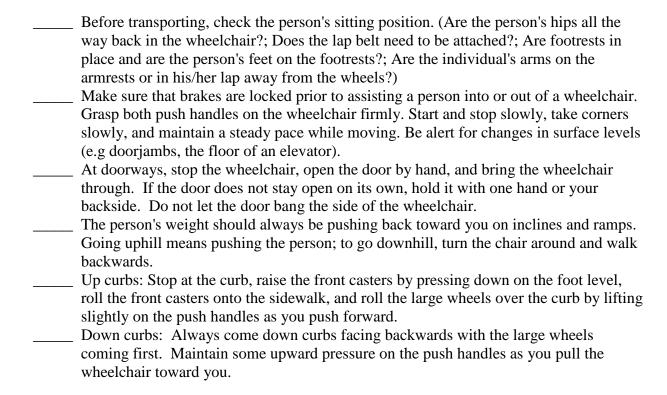
These criteria may be used in the Positioning Section if they are appropriate for the individuals who receive staff support in this setting.

Side-lying and back-lying positions, look at the person and determine whether or not
 Head is maintained centered at midline. Trunk is maintained symmetrical, with the spine straight. As much use of their hands and arms as possible. Hips and legs are maintained in a symmetrical position.
Stomach-lying position, look at the person and determine whether or not:
 Head is turned to one side. Trunk is symmetrical with spine straight. Hips and legs are symmetrical. General muscle tone is relaxed.
Sitting position, look at the person and determine whether or not:
 Hips, knees, and ankles are flexed to 90°. Feet are flat on a supporting surface. Head is upright and centered at midline. If necessary, the neck is stabilized to maintain the head in an upright, midline position. Hips are symmetrical and as far back in the seat as possible. Depth of the chair seat extends to 1 1/2 inch from the knee, Trunk is symmetrical and the spine straight.
Forearms and elbows are able to easily rest on a supporting surface.

Turning and Transferring: Evaluate the staff person's body mechanics and technique during
turns and transfers based on the following criteria:
Preparation for move:
Ensure privacy.
Offer choices and ask the person to help.
Explain each step of the procedure.
Test the weight prior to lifting or moving an object or person.
Minimize the distance of the lift and clear the travel path.
Provide firm, stable surfaces and, if possible, transfer between surfaces of equal height.
Lock the brakes on wheelchairs and remove armrests and footrests if possible.
Have all positioning equipment within reach prior to beginning the move.
Stance:
Use a wide, balanced stance with one foot ahead of the other.
Wear low heeled, non-skid shoes.
Keep the lower back in its normal, arched position while lifting.
Bend at the knees.
Proper Body Alignment:
Keep the chin tucked and the head and trunk up.
Tighten the stomach muscles as the lift begins.
Lift with the legs and stand up in a smooth, even motion.
The Move:
Bring the load as close to the body as possible.
Move the feet (pivot) if a directional change is necessary. Throughout the move, back,
feet and trunk should all move together in the same direction, going to the same place.
Communicate if two or more individuals are involved in the movement.
Optional:
Tuck in the draw sheet and smooth out wrinkles.

Place the transfer belt snugly around the person's lower waist.
Transfers: Apply criteria from above list to transfers that may be used in settings where this staff will be working.
Transfer: one person bed to chair/chair to bed
Transfer: two person chair to bed/bed to chair
Transfer: two person floor to chair.
Transfer: chair to toilet/toilet to chair
Transfer: chair to tub/tub to chair
Transfer: mechanical lift

Transporting in Wheelchairs:



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I.	Briefly describe why correct positioning is important to the individuals with disabilities that you assist.
II.	What would be some reasons for repositioning a person with whom you work?
III.	Think of a person you know who needs assistance with positioning. For each of the positions listed below, describe how to correctly align and monitor the person's position. (It is not necessary to use the same person for all four positions.) Side-lying:
	Back-lying:
	Stomach (prone) lying:
	Sitting:
IV.	Think of a person you assist with positioning, turning, and transferring. Describe: a. Factors which put this person at risk of developing pressure sores. How you monitor this person for pressure sores. Other precautions you take to prevent the person from developing of pressure sores.