



## SIT BACK

**PURPOSE:** To reposition the client to the back of the chair

**Number of caregivers:** One

**Weight considerations:** No weight restriction

**Level of difficulty:** Introductory



## NECESSARY PROCEDURES TO ENSURE SAFE CLIENT

### BEFORE BEGINNING A LIFT OR TRANSFER

1. Check the pictogram.
2. Assess and prepare the client and the environment:
  - Has their status changed
  - Do they need preparatory help, such as clearing a pathway, placing equipment (canes, walkers, etc.) within reach, or ensuring personal articles are in place.
  - Does the client with emotional needs or cognitive or visual deficits (confusion, blindness, mental instability, aggression, etc.) need spoken instructions?
3. Assess your physical limitations (How are you feeling? Do you need a second person? Do you need to use a mechanical lift?)
4. Request assistance, if required.
5. Explain the procedure to the client and show them how to help, if possible, keeping instructions short and simple.
6. Follow the essential tips for safe and efficient body mechanics in the Employee Training Booklet.
7. After completing the technique, assess the client's comfort.



# POSITIONING AND MOVEMENT

## REPOSITIONING TRANSFER: **SIT BACK** INTRODUCTORY

### CONSIDER

#### Direction of Movement

Front-to-back, back-to-front, side-to-side, side-to-side (on the diagonal), or side-to-side (with pivot) = 90°, upright and forward to down and back, down and back to upright and forward.

### CLIENT

Front-to-back

### CAREGIVER

Upright and forward to back and down (1, 3)  
Counterbalance movement

### CONSIDER

#### Line of Movement

As close to the horizontal as possible.

### CLIENT

Horizontal 

### CAREGIVER

45° Counterbalance  (1, 3)

### CONSIDER

#### Range of Movement

The span of movement that covers the distance between the start and end of the move. Distance of caregiver's move equals client's span of move.

### CLIENT

How far do the buttocks need to be moved back in the chair?

### CAREGIVER

Side-to-side stance, feet pointed slightly out, knees resting against back of chair (1, 3).

### CONSIDER

#### Point of Force Application

The point where the force is applied to the client's body.

### CLIENT

Pelvis. This creates a line of force through centre of gravity.

### CAREGIVER

Open hand/through arm grasp (3).

### CONSIDER

#### Command and Count

Verbal command given by caregiver.

### CLIENT

### CAREGIVER

**CHEST UP, BACK STRAIGHT, ARMS BRACED... 1, 2, 3,  
PUSH (2)**

## CONSIDER

### Force Production

The force needed to effect movement, which is relayed from your feet, knees and/or hands through the braced body and arms to the point of force application. For example, friction and weight will dictate the amount of force required.

## CLIENT

Reduce friction and weight by:

- Placing feet slightly in behind flexed knees, one leg at a time.
- Leaning upper body forward to raise buttocks off chair.
- Using a slider sheet.

## CAREGIVER

**PUSH** through knees against chair as a unit back and down (2, 3).

**PUSH** to apply downward pressure through pelvis using open hand/through arm grasp (2, 3).

## CONSIDER

### Tips

## CLIENT

- Elbows tucked in and protected.
- Exercise control if lightweight.
- Excellent for aggressive clients.

## CAREGIVER

- To start in upright and forward position, short caregivers may have to stand on tiptoes.
- Apply downward pressure (**PUSH**) through pelvis. This prevents pulling with arms.
- Do not sit down, **PUSH** with knees through chair and fall back and down.
- Remember to use open hand grasp, do not clutch the client's arms.

## CONSIDER

### Contraindications

## CLIENT

- Hyperextension of upper body.
- Abdominal irregularities.

## CAREGIVER

- High back chairs.

## CONSIDER

### Options

## CLIENT

**Abdominal irregularities:** padded transfer belt and two people – front person supports client's trunk and performs proposal push while back person grasps the edges of the padded transfer belt that has been turned around backwards and placed over the client's legs near the pelvic area. Do not pull up on transfer belt. Keep arms braced low.

## CAREGIVER

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines running across the width of the page, providing a guide for handwriting or typing. The background is a solid off-white color.