

Safe Resident Handling Quick Clip Instructions - Ambulation

This video quick clip has been developed to help you reinforce your safe resident handling training program. It's meant to help you quickly remind your staff of safe resident handling training concepts and best practices. The video clip may be viewed at your reporting meetings, stand up meetings, and/or as part of your department meetings. Our hope is to help you deliver a quick (video and discussion is less than five minutes) but effective message on your safe resident handling program. To help you use this clip in the most effective manner, please consider the following:

1. Play the video.
2. Review key components. Ask the caregivers to describe the key elements of the video training technique:
 - a. Check care plan.
 - b. Use gait belt and retighten after resident stands.
 - c. Think ahead.
 - i. Have another care staff follow behind with a wheelchair.
 - ii. Stage chairs for rest along your path.
 - d. Position yourself for control.
 - e. Know what to do if the resident begins to lose balance or fall.
3. Review your policy/procedure as it relates to ambulation. Be prepared to explain and discuss this before beginning your training session. Bring a written copy to refer to during your discussion. Does staff know where the policy is kept and how to access it?
4. Questions for group discussion – choose at least one question below for a good group discussion. You can re-watch the video at a different training session and choose a different question for each discussion.
 - a. How do you know your resident is safe to ambulate?
 - i. What are the signs for a successful walk?
 - ii. What are the warning signs?
 - iii. What are the steps you take if you think ambulation will be unsuccessful or dangerous?
 - b. How do you position yourself for control?
 - i. Where do you stand in relation to the resident? Why?
 - ii. Where should your hands be? Why?
 - c. What do you do when your resident begins to wobble or lose balance?
 - i. How does your position during ambulation help this?
 - ii. What should you never do if your resident is falling?
 - d. Customize the question to your organization. Here are a few examples:
 - i. Which resident is difficult to ambulate?
 1. What makes it difficult?
 2. What signs do you look for to make sure you're safe?
 3. After watching this quick clip, what signs will you look for? How will you change your approach?
5. Contact your loss control representative to receive further assistance with the development of your safe resident handling program.

SRH Quick Clip – Ambulation

[Ambulation Quick Tip](#)

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The quick clip videos are intended as an additional resource to support your safe resident handling training efforts. They’re not intended to be used as a standalone safe resident handling or transfer training aide. Caregivers should receive practical training to demonstrate learned concepts and skills.