

## Safe Resident Handling Quick Clip Instructions - Moving To and Away From Dining Room Table

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. Use your hip and thigh to move the chair to and away from the dining room table.
  - b. Use a power stance so you can shift your weight moving forward in the direction you want to move.
  - c. Ask your resident to assist by using their legs or hands to push away or pull towards the table.
  - d. You may need to repeat the movement several times to move the chair in its desired position.
  - e. Don't use your upper body to move the chair.
3. Review your policy/procedure as it relates to assisting a resident to and or away from a dining room table. Be prepared to explain and discuss this before beginning your training session. Bring a written copy to refer to during your discussion.
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. By pulling on the back of the chair vs. moving the chair from the side with your hip and thigh what injury could happen to you?
  - b. How can you get the resident to assist you when helping them move their dining room chair?
    - i. Put hand on the table to get them to push back.
    - ii. Put hand on their thigh to have the resident push back.
    - iii. Have the resident lift their feet.
  - c. What's power stance? What does it help you do?
    - i. What other times should you be using power stance? (moving beds/carts, gait belt transfers, rolling resident in bed and so forth).
  - d. Customize the question to your organization. Here are a few examples.
    - i. Are you having difficulty assisting a resident to and from the dining room table?
      1. What makes it difficult?
      2. Would using the techniques in the video help?
      3. After watching this quick clip, 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 – Moving To and Away from Dining Room Table

### [Moving Resident To and Away From Dining Table Quick Tip](#)

#### Video Disclaimer

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