



Occupational Health and Safety

MSIP – Lie to sit

Name:	First Name	Last Name
Date:		Site:

The person named above has actively participated, on this date, in MSIP Training, specifically LIE TO SIT.
The training consisted of:

One Person Assist
CONFIRM the safety of both you and your residents.

Task requirements:

- Work with a partner as much as possible for this task.

- 1. **C**ommunicate with the resident
 - Instruct resident to assist by pushing off the bed with their hand.
- 2. **O**rient Equipment and Resident
 - Raise the head of the bed up as much as the resident will tolerate.
 - If slider sheet on the bed, tuck under mattress for safety.
 - Using turning technique assist the resident to roll onto their side.
 - Once on their side, ensure their hips are about a hand length (approximately 1 foot) from the edge of the bed.
 - Slide the resident's feet over the edge of the bed using a weight shift.
- 3. **N**eutral Spine
- 4. **F**oundation
 - Use a staggered stance, with one foot in front and the other back, feet slightly turned out at 45°
- 5. **A**rms **I**n
 - One hand on the resident's shoulder
 - Second hand on the resident's hip
- 6. **R**e-evaluate positions before moving
 - The Resident**
 - Is the resident able to help him/herself?
 - Does the resident understand the task, and are they ready?
 - Can the resident be manually lifted?
 - The Environment**
 - Is the floor wet or dry?
 - Do you have the appropriate supplies/equipment?
 - Are there any obstacles?
 - Yourself**
 - Are you ready?
 - Are you in a safe position?
- 7. **M**ove your legs by shifting weight
 - Shift your weight from your "headboard" foot to your "footboard" foot

Two Person Assist

1. **Communicate with the resident and your partner**

- Before beginning, discuss any potential problems or concerns that might arise before, during and after the reposition.
- Instruct resident to assist by pushing off the bed with their hand.

2. **Orient Equipment and Resident**

- Raise the head of the bed up as much as the resident will tolerate.
- If slider sheet on the bed, tuck under mattress for safety.
- Using turning technique assist the resident to roll onto their side.
- Once on their side, ensure their hips are about a hand length (approximately 1 foot) from the edge of the bed.
- Slide the resident's feet over the edge of the bed using a weight shift.

3. **Neutral Spine**

4. **Foundation**

- First person uses a staggered stance, with one foot in front and the other back,
- Second person uses a side-by-side foot stance, feet slightly turned out at 45°

5. **Arms In**

- First person grasp resident's calves
- Second person grasps resident's shoulders or place one hand on residents hip and the other under their shoulder

6. **Re-evaluate positions before moving**

The Resident

- Is the resident able to help him/herself?
- Does the resident understand the task, and are they ready?
- Can the resident be manually lifted?

The Environment

- Is the floor wet or dry?
- Do you have the appropriate supplies/equipment?
- Are there any obstacles?

Yourself

- Are you ready?
- Are you in a safe position?

7. **Move your legs by shifting weight**

First person

- This person leads and counts. Shift from front to back leg/foot bringing the residents legs over the side of the bed.

Second person

- As the first person swings the legs off the bed assist the resident to sit up by shifting your weight from your "headboard" foot to your "footboard" foot, keeping your elbows tucked in.

Note:

The second person should wait for the lead person to initiate the move to avoid unnecessary force.

Acknowledgement:

I have attended the In-Service as outlined above. I understand that if I have any questions or concerns, I am to contact my supervisor or manager.

Signature

Date