Sit-stand Lift Safe Work Practice

How to use a Sit-stand Lift (Disclaimer: See specific instructions for the sit-stand lift(s) on your unit):

1. Before starting, ensure a second staff member is available.
2. Ensure there is a clear path between the surfaces you are transferring (e.g., bed to chair) and enough room to manoeuvre the lift.
3. Identify the appropriate sling (e.g., band sling) as per the sling safe work practice (also known as the instructions on proper sling sizing). If the proper sized sling is not used, there is an increased risk of pinching the patient or the patient falling through the sling and being injured.
4. Inspect sling for any signs of wear and tear. If there are, DO NOT use. It must be removed from service and replaced.
5. Inspect sling for tag with size and weight limit. If it is not present or legible, DO NOT use the sling. It must be removed from service and replaced.

For the rest of the instructions, remember to let the patient know what you are doing BEFORE you do it.

6. If transferring from the bed, adjust bed to appropriate height to allow the patient to place their feet on the floor when seated at the edge of the bed.
7. Place sling behind and around the patient while they are in a sitting position using appropriate technique and body mechanics.
8. Lower the boom of the sit-stand lift. Widen the legs of the lift, if possible.
   Note: Floor lift support legs may have a manual or motorized mechanism for widening/narrowing the base of support. Manual mechanisms for controlling the legs only allow the legs to be in a fully widened (open) or narrow (closed) position while motorized allows for various increments between the widest and narrowest position. Wider leg position is recommended except when space does not allow (such as passing through doorways, or under beds with limitations to the space underneath). With manual mechanisms there is a risk of the legs snapping shut during a lift if space is limited.
9. Bring the lift towards the patient so that the foot rest is right in front of the patient’s feet.
10. Have the patient place their feet on the foot rest so that their heels are against the edge of the foot rest. If the patient is unable to do this, gently place their feet for them.
11. Push the lift towards the patient until the front of their lower legs are against the pads.
12. Lock the brakes of the lift. Attach strap loops as per operating instructions.
   a. Long loops for shorter patient.
   b. Shorter loops for a taller person.
13. Have the patient bring their arms over the top of the sling. If the patient is able, they should also hold onto the arms of the sit-stand lift.
14. Unlock the brakes of the lift. This will allow the lift to adjust itself when you start to lift the patient. **Disclaimer:** See manufacturer’s instructions to verify with the specific lift that you are using.
15. Press the up button to raise the patient until there is tension in the straps.
16. Check to ensure sling is fitting appropriately and secure as per the sling safe work practice. As mentioned in step 3, if the proper sized sling is not used, there is an increased risk of pinching the patient or the patient falling through the sling and being injured.
17. Continue to lift the patient so that they just clear the bed height.
18. When moving the patient from one surface to the other, keep the legs of the lift open to avoid the lift tipping, if space allows. **Disclaimer:** See manufacturer’s instructions to verify with that specific lift.
19. Move the lift the shortest distance to the next surface. **DO NOT** transport the patient in the lift.
20. When the patient is above the desired point of transfer, press the down button.
21. When transferring to a wheelchair or commode a second staff member will ensure the chair wheels are locked.
22. When the wheelchair has the patient’s weight, slowly lower the arms of the lift as far as they can go without pinching the patient.
23. Once the patient has been lowered and the straps are slack, lock the brakes of the lift and then remove the loops from the spreader bars and move the patient’s feet off of the lift.
24. Unlock the brakes and back the lift away from the patient.
25. Narrow the base of the lift (legs), if applicable. Lock the brakes when you are storing the lift.
26. Remove sling, using proper technique, equipment, and body mechanics.
27. Plug in mechanical lift when not in use (follow manufacturer’s directions).