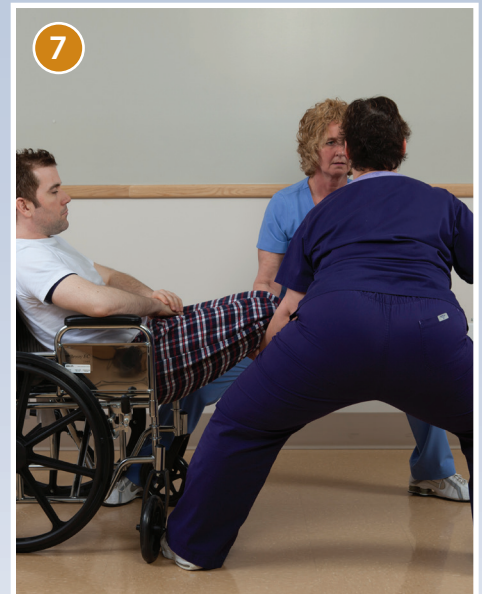
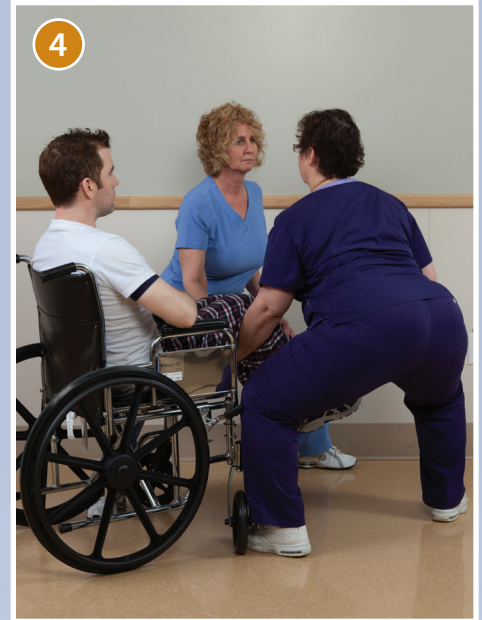




## TWO PERSON FACEOFF

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

**Number of caregivers:** Two  
**Weight considerations:** Weight ratio  
**Level of difficulty:** Transitional



## 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: TWO PERSON FACEOFF TRANSITIONAL

### 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

Back-to-front

### CAREGIVER

Side-to-side (3, 4)

### CONSIDER

#### Line of Movement

As close to the horizontal as possible.

### CLIENT

Horizontal ———

### CAREGIVER

Horizontal ——— (3, 7)

### 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 forward in the chair?

### CAREGIVER

Start foot faces the load; end foot faces the direction of the move; place end foot first to cover span and ensure movement will be completed within your base of support (3, 7).

### CONSIDER

#### Point of Force Application

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

### CLIENT

Knees. This creates a line of force through the centre of gravity, buttocks.

### CAREGIVER

Flex down, slide arm on same side as start foot under knees and grasp second caregiver's hand in a hook grasp (2) or a double wrist grasp (1). Now, brace that arm and rise to your necessary level (4) in preparation for your command and count. Be careful about rising too high as this will shift the client's centre of gravity back making it more difficult to bring the client forward.

### CONSIDER

#### Command and Count

Verbal command given by caregiver.

### CLIENT

### CAREGIVER

CHEST UP, BACK STRAIGHT, ARMS BRACED... 1, 2, LOAD, PUSH (4)

## 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:

- Using a slider sheet as this transfer may not be effective on resistive seat material.
- Decreasing horizontal distance (load in towards client's knees).
- Packaging the client (brace elbow to body to minimize weight carried by caregiver's arm).

## CAREGIVER

Initiate a **LOAD** by **PUSHING** from the end foot to the start foot. To decrease the horizontal distance between you and the client, ensure you **LOAD** in towards the client's knees. As you move closer to the client's knees, brace elbow tight to your body to package the client (5). Now, **PUSH** across a horizontal line from the start foot to the end foot (5, 6, 7).

## CONSIDER

### Tips

## CLIENT

- Brakes are not necessary if wheel of chair is blocked with start foot.
- Do not lean client's upper body forward as it will increase the load on the caregiver's arm.
- Excellent for pear-shaped trunks.

## CAREGIVER

- Practise **LOADING** without the client's lower legs to get used to the concept of **LOADING** in and tightening your elbow close to your body.

## CONSIDER

### Contraindications

## CLIENT

- Knee or hip problems.
- Amputee.
- Casts.
- Injured or compromised limb.
- Aggressive.

In all cases, a slider may be used under the client. Each caregiver should grasp the slider at the client's pelvis with the arm closest to the chair. This arm must remain slightly flexed and braced throughout the move.

## CAREGIVER

- Short arms
- Tall

For short arms, a pillow case could be placed under the knees and grasped at the ends by each caregiver.

In both cases, a slider may be used under the client. Each caregiver should grasp the slider at the client's pelvis with the arm closest to the chair. This arm must remain slightly flexed and braced throughout the move.

## CONSIDER

### Options

## CLIENT

- **Sling:** If the client has an injured or compromised limb, caregivers can use a sheet as a sling. They can grasp the sheet at the level of the pelvis and calf.
- **Free arm as restraint:** If the client is aggressive and tends to kick, the caregiver can use their free arm to restrain the client's lower legs.

## CAREGIVER

