

Reference guide | Demonstration

INSTRUCTIONAL PRESENTATION

- Identify the movement shown
- Specify the person's abilities
- Identify the caregiver's and the person's movement

PROCEDURE FOR SAFE CARE

MAKE CONTACT	
GATHER INFORMATION HERE AND NOW	 <ul style="list-style-type: none"> → Verify all the elements of the work situation → Verify the person's abilities
ANALYZE	<p>Is it safe?</p> <p>YES → I can proceed as planned</p> <p>NO → Should I consult someone? → I adapt the situation</p>
P PREPARATION	<ul style="list-style-type: none"> → Environment → Equipment → Person <ul style="list-style-type: none"> • Glasses • Natural movements • Start code
P POSTURE	<ul style="list-style-type: none"> → Feet positioned to provide balance and facilitate movement → No bending, twisting or arching of the back → Elbows close to the body → Head upright
H HOLD	<ul style="list-style-type: none"> → Solid → Reassuring for the person → Stable → Close to the caregiver → Gentle
M MOVEMENT	<ul style="list-style-type: none"> → Explain the movement: position at the start and at the end → Mimic the action once, using exaggerated gestures → Carry out the movement
WRAP UP	<ul style="list-style-type: none"> → With the person (comfort, safety) → Follow-up with the team, if necessary