

Specification of Competency Standards
for the Elderly Care Service Industry
Unit of Competency

Unit of Competency is applicable across different functional areas

Title	Lift and transfer elderlies correctly
Code	106212L2
Range	This Unit of Competency is applicable to employees in the elderly care service industry who provide care service to elderlies. The Competency applies to a familiar, predictable, day-to-day, routine working environment. Employees are required to help elderlies move themselves or transfer them from one place to another using the correct lifting and transfer techniques, in order to ensure the safety of the elderly and employees themselves, as well as to reduce the risk of injury.
Level	2
Credit	6 (For Reference Only)
Competency	<p>Performance Requirements</p> <p>1. Relevant knowledge on transfer techniques</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Understand elderlies' mobility level and their conditions, including: <ul style="list-style-type: none"> ○ Bed mobility ○ Sit to stand transfer ○ Bed to chair transfer ○ Sitting and standing ability ○ Walking ability • Understand the principles of correct lifting and transfer and their range of application • Understand various techniques to ensure a good grip, including underarm grip, scapula grip and wrist grip • Understand common assistive devices for lifting and transfer and their methods of use • Understand the safety measures of lifting and transfer <p>2. Use correct transfer techniques</p> <p style="padding-left: 40px;">Be able to</p> <ul style="list-style-type: none"> • Choose appropriate lifting and transfer technique according to elderlies' level of mobility • Assess employees' own ability and seek assistance or assistive devices when needed • Prepare well before lifting and transferring elderlies, including: <ul style="list-style-type: none"> ○ Prepare the environment, remove obstacles to free up spaces ○ Ensure an elderly is wearing appropriate clothing and footwear ○ Put on proper attire and groom yourself properly, for example tying long hair up and removing all accessories you're wearing ○ Prepare appropriate walking aid or wheelchair and ensure it is functioning normally ○ Plan the actions and procedures prior to lifting and transferring, for example the distance to be travelled, lifting and gripping techniques, and actions required to accomplish the transfer. • Explain to an elderly procedures that are about to happen, so that they can play an active part in the lifting and transferring process and cooperate. • Follow the principle of correct lifting and transfers; take safety measures to ensure safety of elderly and employees themselves, such as: <ul style="list-style-type: none"> ○ Stay close to an elderly and shorten the distance from load ○ Rotate your legs and do not bend your lower back ○ Perform lifting and transfer within your capacity ○ Bend your knees and keep your centre of gravity low ○ Lock the wheelchair

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	<ul style="list-style-type: none"> ○ Allow sufficient time for the lifting and transfer • Give appropriate command to an elderly so that they will comply and cooperate <p>3. Exhibit professionalism</p> <p>Be able to</p> <ul style="list-style-type: none"> • Strictly follow the principles of lifting and transfer to ensure safety of both elderlies and employees themselves • Protect elderlies' privacy and maintain their dignity • Be mindful of elderlies' concerns and discomfort; provide comfort and support
Assessment Criteria	<p>The integrated outcome requirements of this Unit of Competency are:</p> <ul style="list-style-type: none"> • Ability to choose appropriate lifting and transfer techniques according to elderlies' level of mobility and the employees' own capability; and • Ability to prepare adequately, follow the principle of correct lifting and transfer techniques and ensure the safety of both the elderlies and employees themselves.
Remark	