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## Handling technique

### A. Sitting / back resting



1. The caregiver prepares the environment.
2. Caregiver informs the person: "I will help you to ,,,"
3. The person is sitting in the middle of the table, (backward translation if necessary)  
The caregiver is facing the person.
4. He/she gives the instruction : "Put your foot behind the other"  
The caregiver helps the person to cross the foot on the head side on the foot close to him/her

5. He/she gives the instruction : "Grasp the edge of the table"  
The hand of the person, on the headrest side, grasps the edge of the table
6. He gives the instruction: "Take the other edge of the table". The other hand of the person is placed on the far edge of the table
7. The caregiver places himself on the side of the table in backward bent lunge, leg stretched under the legs of the person
8. Caregiver warns : "When I tell you, you will lie down"
9. The caregiver places a spoon at the person's shoulder blade with his/her hand on the headrest side
10. The caregiver places his arm under the person's calves
11. He gives the instruction : "Lie down"  
The caregiver converts the bar into a bridge by making a small Cossack lunge that brings his or her gaze towards the person's face
12. The hand in scapula spoon has slipped and lands on the edge of the table.
13. The helper helps the person uncross their feet and extend their arms : "Extend arms, uncross feet."
14. The caregiver leaves the person with concern for their needs. "Are you comfortable? May I leave you?"

## B. Raising lying down.



1. The caregiver prepares the environment.
2. The caregiver informs the person : "I will help you to..."
3. The caregiver places a raised spoon under the person's far knee or a bar under both knees.
4. Caregiver places a raised spoon under the person's far knee or a bar under both knees.
5. The caregiver instructs, "Bend your leg(s).
6. The caregiver assists the person if needed to bend the far leg(s) by pulling by knee spoon. The foot(s) of the leg(s) are flat on the table.
7. The caregiver instructs: "Put your hands flat on the table". Person's elbows are bent, hands flat on table.
8. The caregiver warns:  
"When I ask you: you will look at your belly, then push on your heel(s) and hands to raise yourself up"
9. He instructs : "Look away" to place a spoon at the person's shoulder blade spine) and a spoon at the buttock crease.
10. The caregiver places his foot on the head side above the head of the person to anticipate the action and his other foot on the person
11. The caregiver positions himself in lateral flexion on the feet side of the person (N°3 bis).
12. He gives the instructions : "look at your belly."  
He gives the instructions: "Look at your belly", "Push on your heel(s) and hands".
13. The caregiver reverses his or her leg lunge to pull on the spoons
14. The caregiver settles the person and has the arms repositioned at the side of the body :  
"Extend your legs and arms."
15. The caregiver leaves the person with concern for their needs : "Are you comfortable? May I leave you?"