

Checklist: Demonstrate Proper Positioning/Alignment Techniques for a Person in a Chair

Demonstrate Proper Positioning/Alignment Techniques for a Person in a Chair	Able to Perform	Unable to Perform
1. Carry out initial procedure actions: <ul style="list-style-type: none"> – Knock before entering. – Introduce yourself. – Identify the resident according to facility policy. – Explain the procedure. – Provide privacy as needed. – Perform hand hygiene. 	<input type="checkbox"/>	<input type="checkbox"/>
2. Assemble equipment: <ul style="list-style-type: none"> – Chair or wheelchair – Pillows or positioning devices as needed – Footrests or footstool if needed – Lap blanket if indicated – Gait belt if transferring resident – Non-skid footwear if ambulating 	<input type="checkbox"/>	<input type="checkbox"/>
3. Lock wheelchair brakes if using a wheelchair.	<input type="checkbox"/>	<input type="checkbox"/>
4. Ensure the chair or wheelchair is stable and positioned safely.	<input type="checkbox"/>	<input type="checkbox"/>
5. Assist the resident into the chair using proper transfer technique and body mechanics if needed.	<input type="checkbox"/>	<input type="checkbox"/>
6. Position the resident with hips placed fully back in the chair.	<input type="checkbox"/>	<input type="checkbox"/>
7. Align the resident’s head, neck, spine, hips, and legs in proper body alignment: <ul style="list-style-type: none"> – Head upright and centered – Shoulders level – Back supported against chair – Hips aligned evenly – Knees slightly bent and aligned forward – Feet flat on floor or footrests. 	<input type="checkbox"/>	<input type="checkbox"/>
8. Prevent slouching or sacral sitting: <ul style="list-style-type: none"> – Reposition resident upward if sliding occurs. – Use positioning devices (pillows) as needed. 	<input type="checkbox"/>	<input type="checkbox"/>
9. Position arms comfortably: <ul style="list-style-type: none"> – Support arms on armrests or pillows if needed. – Avoid arms dangling unsupported. 	<input type="checkbox"/>	<input type="checkbox"/>
10. Ensure feet are properly supported: <ul style="list-style-type: none"> – Feet should not dangle. – Adjust footrests or provide footstool if necessary. 	<input type="checkbox"/>	<input type="checkbox"/>
11. Check for pressure areas or discomfort: <ul style="list-style-type: none"> – Avoid wrinkles in clothing or cushions. – Ensure no tubing or devices are trapped beneath resident. – Prevent skin-to-skin contact if needed with pillows or supports. 	<input type="checkbox"/>	<input type="checkbox"/>
12. Ask the resident if the position feels comfortable and make adjustments as needed.	<input type="checkbox"/>	<input type="checkbox"/>
13. Ensure proper safety measures: <ul style="list-style-type: none"> – Wheelchair brakes locked. – Footrests properly positioned. – Call light within reach. 	<input type="checkbox"/>	<input type="checkbox"/>
14. Lower bed if used during transfer.	<input type="checkbox"/>	<input type="checkbox"/>
15. Ensure the environment is safe and uncluttered.	<input type="checkbox"/>	<input type="checkbox"/>

16. Remove equipment not in use.	<input type="checkbox"/>	<input type="checkbox"/>
17. Perform final hand hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
18. Carry out ending procedure actions: <ul style="list-style-type: none">- Document positioning assistance if required by facility policy.- Report pain, redness, poor alignment, skin concerns, or inability to maintain position to the nurse.	<input type="checkbox"/>	<input type="checkbox"/>