

# Promoting Healthy Postures when using Donation Chairs and Donation Couches

## Module 4

If delegates are mobile team based only

- Part 1 needs to be completed

If delegates are donor centre based only

- Part 2 needs to be completed

If delegates work in both environments

- Parts 1 & 2 need to be completed



# Mobile Team

## Part 1



## Learning Outcomes

1. Adjusting the Seat Position Using Lever
  2. Chair Positions and Healthy Postures
  3. Effective Communication
  4. Emergency Evacuation
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# Adjusting the lever on the chair

**Up is open**




**Part way**



**Down is closed**



# Relevant General Principles


- **Know your limitations.** Ask for help.
  - **Clear communication** with the donor
  - Maintain a **neutral spine**
  - **Stable, flexible base.** Feet shoulder width apart
  - **Soft knees** and hips
  - Face **direction of travel** (no twisting)
  - Effort in **direction of force**
  - Stay **close to load**
- 

# Communication: Key Words and Phrases

## **On recline, encourage the donor to:**

- Sit right back in the chair and put their head against the head rest
- Not to make any sudden movements during the process
- Keep hands on lap
- Look up to the ceiling
- Raise their legs if they are able to

## **Assistance from colleagues:**

- Assessing when this is required - if the chair remains stationary once the lever has been released
  - Agreeing with each other how *you* will communicate this
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# Preparing Your Donor

Communicate



Donor or Donor Carer  
-adjust the head rest  
to suit level of comfort



Adjust the  
foot rest



*“Ensure you’re sat back  
in the chair and place  
your hands on your lap”*



*“I’m about to recline the  
chair. Please look up, and if  
you’re able, raise your legs”*



# 2i Reclining Your Donor



Ensure you are square onto the lever as you squat to release it



Where there's room, straighten the arm rest

Re-adjust your feet to a lunge position as close to the chair as possible



Strong hand hold



Don't over reach. Effort in the direction of force



## 2ii

# Reclining Your Donor

**Suggestion:** When working in pairs to recline the donation chair, this is a good manoeuvre for the assisting colleague.

**Don't forget:**  
Communicate –  
*“ready, steady, move”*



**TOP TIP:**  
If the chair does not start to recline when the lever is released then discreetly ask for help from a colleague.



3

Sitting Up Your Donor

Advise the donor that you are about to start sitting them up and ask that they keep lying back in the chair.

**HOWEVER**, if the chair does not start to move on it's own once the lever is released then request the donor tips their chin toward their chest



If the chair comes up rapidly, DON'T TRY AND STOP IT just keep the donor in the position they are in for longer and monitor them




Adjust your base – from square onto lever to either side of the base frame front leg.

Why can't I do it this way?



# **Reclining the Donation Chair Sitting the Donor Back Up and Communication**

**Time to practice these techniques together, acting as donor / member of staff and between colleagues where assistance is required to ensure the health and wellbeing of all.**

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# Emergency Evacuation



## Learning Outcomes

1. Adjusting the Seat Position Using Lever
  2. Chair Positions and Healthy Postures
  3. Effective Communication
  4. Emergency Evacuation?
- 
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- If not continuing to the Donation Couches presentation – Part 2

Any Questions ?

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# Donor Centre

## Part 2



# Course Aims

## Healthy Postures when using Component Donation Couches


**Practical application** to confirm your competency in performing the following techniques:

- Relevant General Principles
- Reclining Donors and Returning them Back to the Upright Position

**Ensure Awareness** of the impact of a poor posture on your health and wellbeing

**Clear Communication.** Working effectively with the Donor and your Colleagues - Key Words and Phrases to Use

## Relevant General Principles


- **Know your limitations.** Ask for help.
  - **Clear communication** with the donor
  - Maintain a **neutral spine**
  - **Stable, flexible base.** Feet shoulder width apart
  - **Soft knees** and hips
  - Face **direction of travel** (no twisting)
  - Effort in **direction of force**
  - Stay **close to load**
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# Communication: Key Words and Phrases

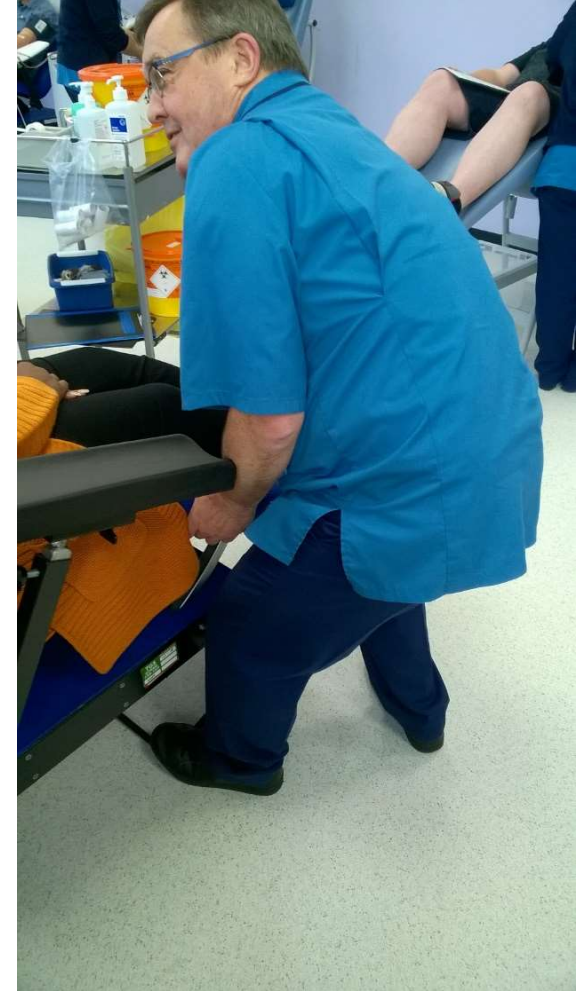
## On recline, encourage the donor to:

- Sit right back in the chair and put their head against the head rest
- Not to make any sudden movements during the process
- Keep hands on lap
- Look up to the ceiling
- Raise their legs if they are able to

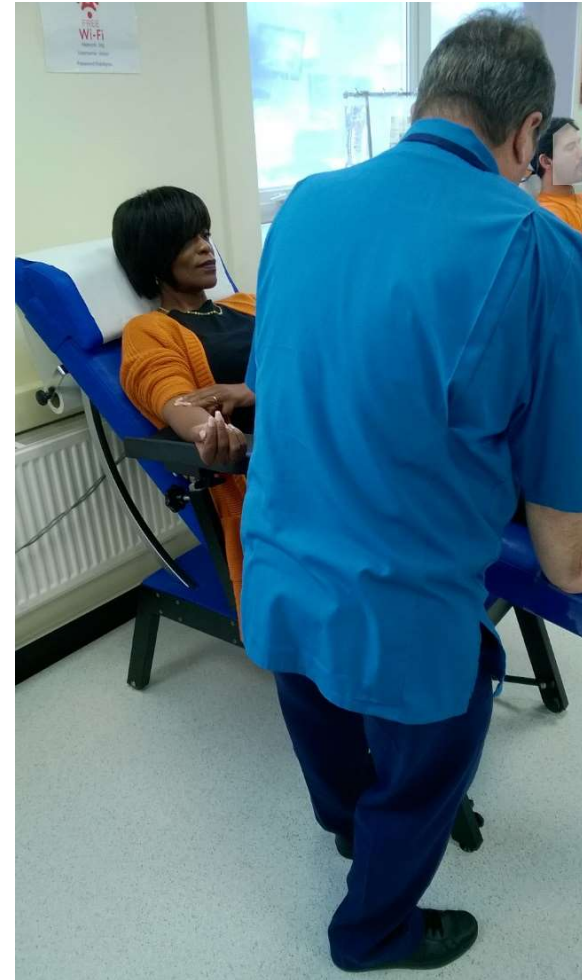
## Assistance from colleagues:

- Assessing when this is required - if the chair remains stationary once the lever has been released
  - Agreeing with each other how *you* will communicate this
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# Reclining the component donation couch




# Sitting the Donor back up



# **Reclining the Component Donation Couch Sitting the Donor back up and Communication**

**Time to practice these techniques together,  
acting as donor / member of staff and  
between colleagues where assistance is  
required to ensure the health and wellbeing  
of all.**

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# Learning Outcomes

## Making Healthy Postures an everyday “habit” when using Component Donation Couches

**Practical application** to confirm your competency in performing the following techniques:

- Relevant General Principles
- Reclining Donors and Returning them Back to the Upright Position

**Ensure Awareness** of the impact of a poor posture on your health and wellbeing

**Clear Communication.** Working effectively with the Donor and your Colleagues - Key Words and Phrases to Use



Any Questions ?

