



HEALTHCARE

Back Safety & Body Mechanics

TO REDUCE YOUR RISK OF INJURY, PRACTICE THESE SAFETY TIPS

Hazards

⚠ Overexertion & Action

Transfers
Boosting, turning, or repositioning
Over-the-bed care
Activities of Daily Living (ADLs)
Moving heavy, large, or awkward items
Bending, twisting, reaching, or pulling

5 Safety Tips

- 1** Get as close as possible. Walk around and/or move any obstacles.
- 2** Widen your base—shoulder width or wider. Avoid a narrow stance.
- 3** Stay upright. Avoid bending at the waist. Adjust the height of beds or other surfaces.
- 4** Stay centered. Avoid twisting. Point your toes in the direction you want to go. Step and/or move your feet in the direction of your work.
- 5** Get ready. Move and stretch often. Reset your posture (to neutral) periodically.

PPE

ADHERE TO POLICY

✓ **Personal Protective Equipment**



Slip-Resistant Footwear

General Safety Tips

- ✓ Check the mobility status and cooperation of residents or patients prior to mobilizing.
- ✓ Invite the resident or patient to participate (as much as possible).
- ✓ Do not lift more than you can handle and work as a team with residents, patients, and/or coworkers.
- ✓ Use appropriate equipment as designated when lifts, transfers, and other tasks are heavy (> 35 pounds).
- ✓ Use a staggered stance (one foot forward) to help get close and to support mobility.
- ✓ Place the hand you are not using on a nearby object or surface to support your upper body if reaching is unavoidable.
- ✓ Pay attention to the task at hand. Be present.
- ✓ Wear slip-resistant and comfortable, supportive footwear.
- ✓ Take a holistic approach—stay hydrated, get adequate sleep, strengthen your core, and maintain a healthy weight.