

## TIPS FOR PATIENT HANDLING

### Introduction:

Lifting and moving clients create a high risk for back injury and other musculoskeletal disorders for home healthcare workers. The best situations have devices to assist the worker when moving the client. If devices are available, use them!



### What Can You Do?

1. Products such as slip sheets, slide boards, rollers, slings, belts, and mechanical or electronic hoists have been designed to help healthcare workers and clients.

2. Equipment that can be helpful in reducing risk factors for injury and allowing the client to help during transfer.

- adjustable beds
- raised toilet seats
- shower chairs
- grab bars

3. Use proper body mechanics. Even when assistive devices are used, some amount of physical exertion may be necessary. Here are some suggestions:

- ✓ Move along the side of the client's bed instead of reaching while at bedside
- ✓ When manually moving the client, stand as close as possible to the client without twisting your back, keeping your knees bent and feet apart. To avoid twisting the spine, make sure one foot is in the direction of the move. Using gentle rocking motions can also reduce exertion.
- ✓ Pulling a client up in bed is easier when the head of the bed is flat or down. Raising the client's knees and encouraging the client to push, if possible, can help.
- ✓ Apply anti-embolism stockings by pushing them on while you are standing at the foot of the bed. You can use less force in this position than standing at the side of the bed.

