



## USING BODY MECHANICS TO MOVE A PATIENT

### Introduction:

- Lifting and moving a patient can create a high risk for strains for home healthcare workers.
- Equipment such as adjustable beds, raised toilet seats, shower chairs, and grab bars are helpful for reducing risk factors for musculoskeletal injuries.
- These types of equipment can allow the patient to help during transfer.

Even with assisted devices on patient care, some amount of physical exertion may still be necessary.

### Use Proper Body Mechanics:

1. Move along the side of the patient's bed instead of reaching while performing tasks at the bedside.
2. When manually moving the patient, stand as close as possible to the patient.
3. Avoid twisting.
4. Keep your knees bent and feet far apart.
5. Make sure one foot is in the direction of the move.
6. Using gentle rocking motions can also reduce exertion.
7. Pulling a patient up in bed is easier when the head of the bed is flat or down.
8. Raising the patient's knees and encouraging the patient to push if possible can help.

