

Lifting and Moving Part of orientation hire

Lifting and Moving:

- 1.) When it comes to worker injury, this is the largest issue in the healthcare industry.
- 2.) Risk Factors for lifting and moving include:
 - *Overexerting
 - *Performing multiple lifts(more than 20) in your shift
 - *Lifting alone/lack of available help
 - *Lifting uncooperative patients
 - *Lifting patients who cannot support their own weight
- 3.) Occupational Safety and Health Administration (OSHA) Guidelines for proper lifting / moving:
 - *Never transfer anyone when you are off balance
 - *Avoid heavy work with spine rotated
 - *Lift heavy loads close to your body
 - *Avoid vertical “dead-lifts”
 - *Never risk over exertion with a consumer that is resistant; ask for assistance
 - *Use teams lifts and mechanical devices (hoyer lift, gait belts, slippery slides) when necessary (remember that consumers over 150 pounds are always considered heavy)
 - *Properly place and adjust equipment used to lift consumer
 - *Always bring the consumer toward you, never away
 - *Don’t lift fallen consumer alone; consider mechanical assistance

Employee name: _____ Date: _____