

Positioning and Moving

Policy #: LSS-CCE-11-A-001

Origination Date: 8/25/09

Revision Date: 10/14/19

Review Date: 5/28/21

Safe Lifting and Movement of Residents

Location	Department	Service Line
System-Wide	Clinical Services	REACH Short Stay Long Term Care Assisted Living Assisted Living Memory Care

Policy Statement

In order to protect the safety and well-being of staff and residents, and to promote quality care, this community uses appropriate techniques and devices to lift and move residents.

Policy Interpretation and Implementation

1. Resident safety, dignity, comfort, and medical condition will be incorporated into goals and decisions regarding the safe lifting and moving of residents.
2. Manual lifting of residents will be eliminated when feasible.
3. Nursing staff, in conjunction with the therapy staff, will assess individual resident's needs for transfer assistance on an ongoing basis. Staff will document resident's transferring and lifting needs in the care plan. Such assessment will include:
 - a. Resident's preferences for assistance;
 - b. Resident's mobility (degree of dependency);
 - c. Resident's size;
 - d. Weight-bearing ability;
 - e. Cognitive status;
 - f. Whether the resident is usually cooperative with staff; and
 - g. The resident's goals for rehabilitation, including restoring or maintaining functional abilities.
4. Staff responsible for direct resident care will be trained in the use of manual (gait/transfer belts, slide boards) and mechanical lifting devices.
5. Mechanical lifting devices will be used for heavy lifting, including lifting and moving residents when necessary.

6. Staff will be observed for competency in using mechanical lifts and observed periodically for adherence to policies and procedures regarding use of equipment and safe lifting techniques.
7. Mechanical lifts will be made readily available and accessible to staff 24 hours a day. Back-up battery packs on remote chargers will be provided as needed so that lifts can be used 24 hours a day while batteries are being recharged.
8. Enough slings, in the sizes required by residents in need, will be available at all times.
9. Maintenance staff will perform routine checks and maintenance of equipment used for lifting to ensure that it remains in good working order.

References	
OBRA Regulatory Reference Numbers	483.25(h)
Survey Tag Numbers	F689
Related Documents	<i>Safe Lifting and Movement of Nursing Home Residents</i> www.cdc.gov/niosh OSHA Ergonomics for the Prevention of Musculoskeletal Disorders www.osha.gov
Version	1.2 (H5MAPL0970)
Supersedes	11.05.05 Assisted Living—Resident Lifting Program

Positioning & Moving

Procedure #: LSS-CCE-11-B-004

Origination Date: 4/1/2008

Revision Date: 5/28/21

Review Date: 5/28/21

Using a Mechanical Lift

Location	Department	Service Line
System-Wide	Clinical Services	REACH Short Stay Long Term Care Assisted Living Assisted Living Memory Care

Policy Statement

The purpose of this procedure is to establish the general principles of safe lifting using a mechanical lifting device. It is not a substitute for manufacturer's training or instructions.

Policy Interpretation and Implementation

General Guidelines

1. At least two (2) trained staff are needed to safely move a resident with a full body lift.
2. One to two trained staff members are needed for a sit to stand lift, determined via review and IDT discussion.
3. Mechanical lifts may be used for tasks that require:
 - a. Lifting a resident from the floor;
 - b. Transferring a resident from bed to chair;
 - c. Lateral transfers;
 - d. Lifting limbs;
 - e. Toileting or bathing; or
 - f. Repositioning.
4. Types of lifts that may be available in the facility are:
 - a. Floor-based full body sling lifts; and
 - b. Sit-to-stand lifts.
5. Staff must be trained and demonstrate competency using the specific machines or devices utilized in the community.

Steps in the Procedure

1. Before using a lifting device, assess the resident's current condition, including:
 - a. Physical:
 1. Does the resident assist with transfer?
 2. Is the resident's weight and medical condition appropriate for the use of a lift?
 - b. Cognitive/Emotional:
 1. Does the resident understand and follow instructions?
 2. Does the resident express fear or appear anxious about the use of a lift?
 3. Is the resident agitated, resistant, or combative?
2. Measure the resident for proper sling size and purpose, according to manufacturer's instructions.
3. Select a sling that is appropriate for the resident's size and the task.
4. Prepare the environment:
 - a. Clear an unobstructed path for the lift machine;
 - b. Ensure there is enough room to pivot;
 - c. Position the lift near the receiving surface; and
 - d. Place the lift at the correct height.
5. Make sure that all necessary equipment (slings, hooks, chains, straps and supports) is on hand and in good condition.
6. Place the sling under the resident. Visually check the size to ensure it is not too large or too small.
7. Lower the sling bar closer to the resident.
8. Attach sling straps to sling bar, according to manufacturer's instructions.
9. Check to make sure the resident's head, neck and back are supported.
10. Before resident is lifted, double check the security of the sling attachment.
11. Lift the resident 2 inches from the surface to check the stability of the attachments, the fit of the sling and the weight distribution.
12. Check the resident's comfort level by asking or observing for signs of pinching or pulling of the skin.
13. Slowly lift the resident. Only lift as high as necessary to complete the transfer.
14. Gently support the resident as they are moved, but do NOT support any weight.
15. When the transfer destination is reached, slowly lower the resident to the receiving surface.
16. Once the resident's weight is released, stop the lowering and ensure that the sling bar does not hit the resident.
17. Detach the sling from the lift.
18. Carefully remove the sling from under the resident unless otherwise care planned. Be mindful of the resident's position and balance, and skin.

Sling Care:

1. Disinfect slings between residents.
2. Wash and sanitize according to manufacturer's instructions.
3. Discard any worn, frayed or ripped slings.

Lift Care:

1. Disinfect lift surfaces.
2. Wipe with a clean towel until dry.

References	
OBRA Regulatory Reference Numbers	Section G; (CAA 5)
Survey Tag Numbers	F689
Related Documents	Safe Lifting and Movement of Residents
Version	1.3 (H5MAPR0172)
Supersedes	11.05.01

Limited Lift Program

Safe Lifting & Movement of Residents

Related Policy: LSS-CCE-11-A-001

Origination Date: January 9, 2018

Revision Date: January 17, 2018

Training Objectives:

1. Identify when mechanical lifts should be utilized.
2. Identify when sit-to-stand lifts are not applicable for a resident transfer.
3. Explain the resident's role in transfers.
4. Explain the importance of safe lifting as it relates to the well-being of staff and residents.

Post Test:

Question	True or False
1. Hoyer lifts can be used with one staff member if the resident is alert and orientated x 4.	
2. Staff should take into consideration the resident's preferences when assessing the method of transfer.	
3. Safe lifting protects staff and residents.	
4. Staff does not need to assess the need for the correct mode of transferring a resident after the initial assessment.	
5. Sit to stand lifts can be used if a resident is not able to bear weight on lower extremities.	

By signing, I attest that the following staff members were present on the date and time listed and given the training objectives and competency material as noted in the roster attached. If a staff member is found to not meet the standards of the competency and additional training is needed, further review and education will be provided. Re-evaluation will occur within 30 days.

Leader/Educator _____ Position _____

Date _____ Time _____

