BODY MECHANICS

PURPOSE:

1. To prevent injury to facility staff.
2. To prevent injury to residents.

PROCEDURE:

1. Use mechanical lift when necessary.
2. Prepare for lifting; plan the lift before attempting to move the resident.
3. Position chair, wheelchair, commode, or bed to receive resident.
4. Remove unnecessary clutter; path must be clear.
5. Apply brakes to wheelchair or bed.
6. Get as close to resident as possible to minimize space and length of lift.
7. Position legs with feet apart, one slightly forward in preparation for transfer of weight. USE THE MUSCLES OF THE LEGS, NOT THE MUSCLES OF THE BACK.
8. Bend knees and hips, place hands under resident arms and place hands on residents back or gait belt, straighten legs when lifting.
9. Keep back straight and head erect; this braces thoracic and cervical spine.
10. Contract abdominal muscles to stabilize lumbar spine.
11. Give the signal to lift and pivot to transfer resident. DO NOT TWIST YOUR SPINE.
12. LIFTING USUALLY REQUIRES TWO OR MORE PEOPLE IF THE RESIDENT IS UNABLE TO COOPERATE/FOLLOW DIRECTIONS.
13. Use assistive devices as necessary.
14. Use gait belts per facility policy.
15. Use lumbar supports per facility policy. (See transfer activities policy).

SENSE OF SAFETY:

1. Analyze the task.
2. Visualize the task.
3. Communicate and coordinate.
4. Perform the lift.
    A. Keep it close.
    B. Keep upper body erect.
    C. Lift smoothly.
    D. Pivot – do not lift and twist.