



<b>Training and Competency</b>	<ul style="list-style-type: none"> <li>• The agency provides awareness of &amp; tips for practicing good body mechanics to reduce the risk of musculoskeletal injuries</li> </ul>
<b>Hazard</b>	<ul style="list-style-type: none"> <li>• Workers not aware of or using safe body mechanics</li> <li>• Workers not practicing correct body mechanics, working too quickly or trying to reach away from your body</li> <li>• There is increased risk of MSD injuries when good body mechanics are not used</li> </ul>
<b>Injury/Illness Potential</b>	<ul style="list-style-type: none"> <li>• Strains and sprains from using poor body mechanics</li> </ul>
<b>Energy Source(s)</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Applicability</b>	<ul style="list-style-type: none"> <li>• All staff</li> </ul>
<b>PPE</b>	<ul style="list-style-type: none"> <li>• Sturdy, comfortable shoes with a slip resistant sole</li> </ul>
<b>Pre-Use Checklist</b>	<ul style="list-style-type: none"> <li>• If there is a second caregiver, check that they know what they need to do to assist</li> <li>• If there are assistive devices (lifts, walkers or slings) know how to use them and position them properly so you are ready to use them without reaching or pulling the client</li> </ul>
<b>Safety Precautions</b>	<ul style="list-style-type: none"> <li>• Maintain your physical well-being. Stretch, strengthen your abdominal muscles</li> <li>• Ensure you take time to rest between tasks that are repetitive</li> <li>• Get enough sleep (6- 8 hours each night)</li> <li>• Take time to de-stress and relax</li> <li>• Report changes in your client's condition to your Supervisor</li> <li>• In the event that a transfer requires 2 persons (as per care plan) &amp; a 2<sup>nd</sup> person is not present, DO NOT transfer alone</li> <li>• Modify client care to ensure your safety</li> <li>• If you are being asked to do something that you feel is not safe, call your Coordinator or CSS</li> <li>• If the client transfers are difficult or become more hazardous, contact the CSS to request that an OT or PT come to assess</li> </ul>
<b>In the Event of Injury</b>	<ul style="list-style-type: none"> <li>• Report to your supervisor immediately</li> </ul>
<b>Sequential Steps to Complete the Work Safely</b>	<ul style="list-style-type: none"> <li>• Know each step of the task</li> <li>• Plan ahead to reduce the need to take shortcuts</li> <li>• Know your client and their abilities. Ask them to help you wherever possible. Communicate to the client exactly what you are doing</li> <li>• Keep your back in a neutral position (bend at the hips and/or knees)</li> <li>• Keep a wide base of support (plant your feet at least shoulder width)</li> </ul>

	<p>apart)</p> <ul style="list-style-type: none"> <li>• Keep people &amp; objects as close to your body as possible (holding heavier objects away from your body takes more effort and puts more stress on the muscles)</li> <li>• Do not twist when carrying, pushing or crouching. Move or change your feet to point them in the direction you are going</li> <li>• Tighten your abdominal muscles when lifting or when starting to push</li> <li>• If you are working with another person, keep up communication so both parties know what to expect</li> <li>• Use a standing kneel lift to reach or assist clients across a bed. Stand close the bed. Place one knee on the side of the bed, tighten the abdominal muscles and reach or assist a client to turn</li> <li>• Reduce the load and divide it into smaller weights whenever possible</li> </ul>
<b>Lockout steps</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Preventive Maintenance</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Comments</b>	<p>See resources posted to the intranet/PSW portal for safe lifting techniques.</p>