

Lifting and Transferring Patients



TEACHING PLAN

To use this lesson for self-study, the learner should read the material, do the activity and take the test. For group study, the leader may give each learner a copy of the learning guide and follow this teaching plan to conduct the lesson.



LEARNING OBJECTIVES

A participant in this lesson will be able to:

- Demonstrate safe lifting and transferring techniques.
- Practice skills that will prevent injuries.
- Use devices to make tasks safer.



LESSON ACTIVITIES

Have learners read the three stories in the activity in Figure 24.1 entitled “What Is Wrong in These Stories?” Ask them to identify the correct and incorrect things the workers did. After they have had a chance to find all the problems, begin reviewing the material in the lesson guide.

As you talk about each item in the learning guide, give the participants an opportunity to practice the skill. Use light boxes or books to demonstrate proper body mechanics when lifting objects. Instruct workers to practice transferring each other from one chair to another, using the correct posture and procedure.

After the learners have reviewed and practiced all the procedures in the learning guide, look at the stories in Figure 24.1 again and determine whether they can find any additional correct or incorrect actions. Be sure they identify everything before you conclude the lesson.



CONCLUSION

Have participants take the test. Review the answers together. Award certificates to those who answer at least seven (70%) of the test questions correctly.



TEST ANSWERS

1. job, worker
2. good posture, stretching and exercise, proper lifting and transferring skills, lifting equipment, teamwork
3. b, c, d
4. True
5. posture
6. Safety
7. True
8. True
9. False
10. True

LIFTING AND TRANSFERRING PATIENTS

Caring for people who are not very mobile tends to involve a great deal of lifting. You may need to assist them from the bed to the chair or the wheelchair and back to bed, and at times, you may need to help a person who has fallen onto the floor.

Improper lifting could injure your back and jeopardize your future ability to work. Do you know correct techniques for lifting and transferring that might keep you from injuring yourself or the person you are assisting?

Practice preventive care, which includes:

- Good posture
- Stretching and exercise
- Lifting and transferring skills
- Proper lifting devices
- Teamwork

Ergonomics

Ergonomics is the science of fitting workplace conditions and job demands to the capabilities of workers. It is the science of fitting the job to the worker.

When the physical requirements of the job and the physical capacity of the worker do not match, then work-related injuries can result. Stress on the musculoskeletal system causes the majority of job injuries. Some of these muscular injuries have been linked to work habits that result in temporary or permanent disability.

Using ergonomic methods can mean:

- Using equipment that will take the strain out of lifting and transferring
- Organizing work in new ways, such as storing items that are used daily on easy-to-reach shelves rather than near the floor or above the shoulders
- Changing how tasks are done

Ergonomics can prevent injuries by helping us understand which tasks and body movements can hurt us and by finding new ways to do these tasks.

Keeping your back strong, stretched and healthy is good. Good posture and mobility, proper lifting skills and exercises are very important, but they are not enough to prevent injuries. Too much lifting and lifting in awkward ways can lead to injuries. Teamwork is important so you do not lift and transfer by yourself and do not get in awkward positions to do your tasks. Proper lifting devices help prevent injuries.

Posture and Work-Related Injuries

Good posture means more than just sitting up straight, particularly when speaking of protecting workers from work-related musculoskeletal disorders. How does good posture affect the musculoskeletal system? Good posture ensures that muscles will receive a good blood supply, thereby allowing the muscles to eliminate waste, receive nourishment and repair damage caused by stress. Good posture helps the body work more effectively and efficiently.

Since the body is designed to be in motion, standing or sitting in the same position for an extended period puts strain on the musculoskeletal system as tendons are pulled and joints are compressed. This leads to a reduction of the blood supply to these areas, causing inflammation and pain.

Bad postures increase the risk of injury, so do not:

- Slouch.
- Push the head forward beyond the plane of the shoulders.
- Stand in an awkward position that unevenly distributes your weight.
- Hold the head in an awkward or twisted position.

Good postures decrease the risk of injury, so:

- Sit or stand tall.
- Keep the ears over the shoulders.
- Keep the shoulders over the hips.
- Hold the head straight, not tilted.
- Position the head over the neck.
- Keep your abdomen and buttocks tucked in.

The proper way to sit includes the following:

- Always sit all the way back on a chair.
- Your lower back can be supported with a pillow.