

Safety

Body Mechanics – how the body moves and maintains balance while making the most efficient use of all its parts.

When muscles are used properly:

- o They work better
- o Lifting, pushing & pulling are easier
- o You save energy and prevent fatigue & strain
- o You prevent injuries to yourself & others

8 Rules of good Body Mechanics

1. Maintain a broad base of support. Keep feet 8 -10 in. apart, one foot slightly forward, weight balanced on both feet, and toes pointing in the direction of the movement.
2. Bend from the hips & knees, get close to the object and keep your back straight. Do NOT bend at the waist.
3. Use your strongest muscles to do the job. Larger. Stronger muscle are located in the shoulders, upper arms, hips and thighs. Back muscles are weak.
4. Use the weight of your body to help push/ pull an object. Whenever possible, push, pull or slide rather than lift.
5. Carry heavy objects closet to the body. Stand close to the person/ object being moved.
6. Avoid twisting the body as you work. Turn your feet and your entire body when you change direction.
7. Avoid bending for long periods of time.
8. If a patient/ object is too heavy, get help. Also, use appropriate equipment (mechanical lifts, transfer belts, wheelchairs, etc.) to move patients. (gait)

Patient/ Resident Safety

- Perform only appropriate Procedures & do them correctly
- Provide privacy (knock first, draw curtains, ect.)
- Always identify your patient (double check)
- Explain procedures and answer questions
- Observe the patient; notice & report problem
- Check the patient area, waiting rooms, ect. for hazards
- Observe all safety points before leaving a patient in a bed

Personal Safety

- Use correct body mechanics
- Observe standard precautions
- Wear the required uniform
- walk, do not run & use handrails on stairs
- Keep all work areas neat & clean
- wash your hands frequently
- dry hands thoroughly before using electricity
- Wear safety glasses, etc. when appropriate
- Handle chemicals carefully – read labels, storage, ect.
- Maintain equipment (no frayed cords, ect.) & get trained
- Practice fire safety; know how to use an extinguisher
- Learn specific facility codes & procedure (evacuations, etc.)
- Report any injuries / accidents (following procedures)
- Report and unsafe situations or violations