

Safe Lifting and Moving 2014 MOE

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CHRISTIANA CARE
HEALTH SYSTEM

Christiana Care Health System Policy

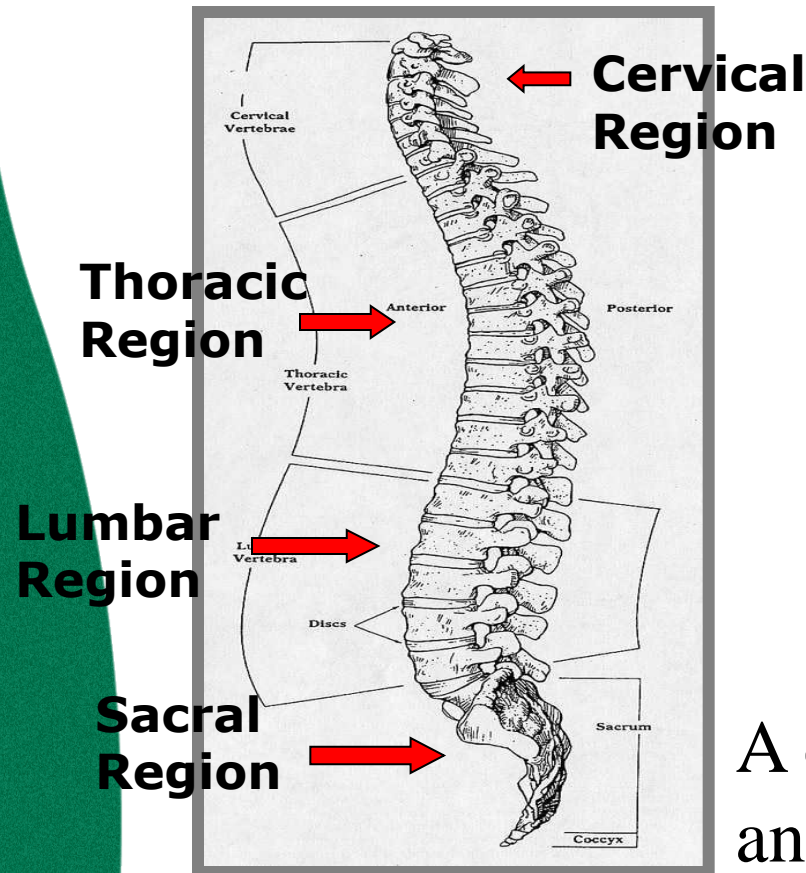
Individual lifting is restricted to a maximum of 35 pounds (15.9kg) for patient handling.

In general, the revised equation yields a recommended 35-lb. maximum weight limit for use in patient-handling tasks. When weight to be lifted exceeds this limit, assistive devices should be used.

- Thomas Waters, NIOSH

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Functions of the Spine



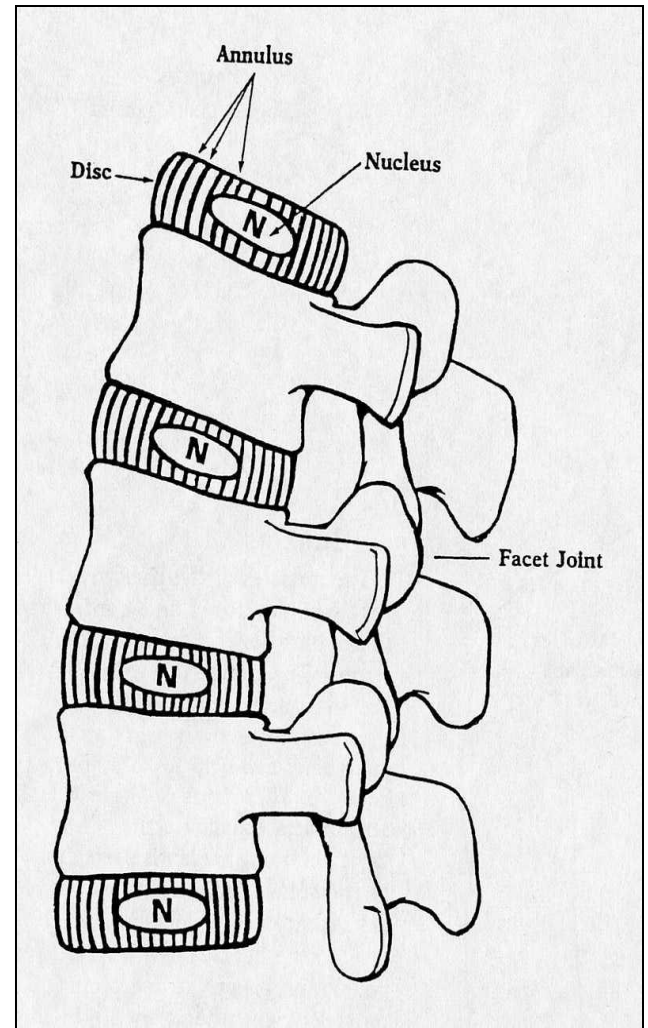
- Support
- Flexibility
- Protection of CNS

Natural "S" shape

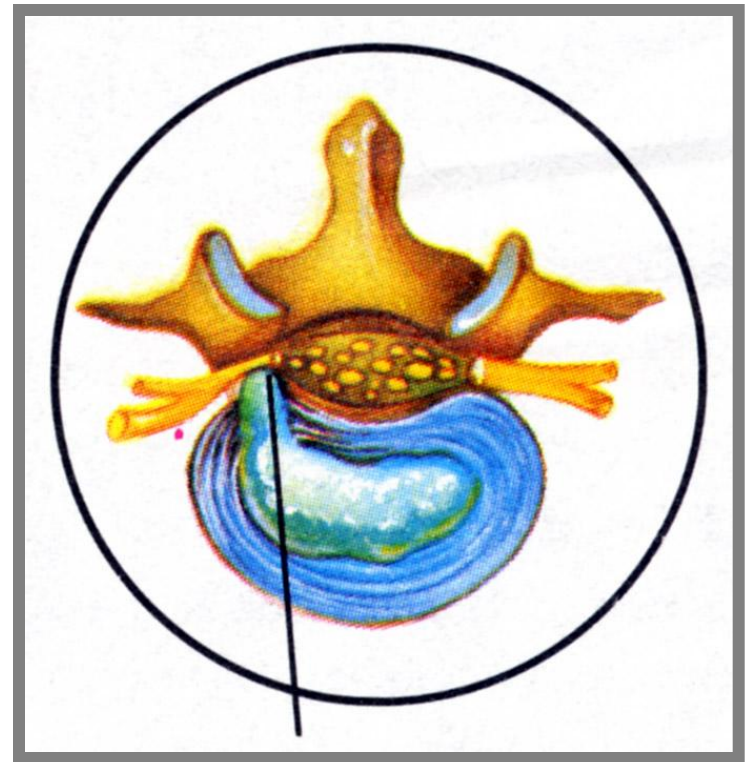
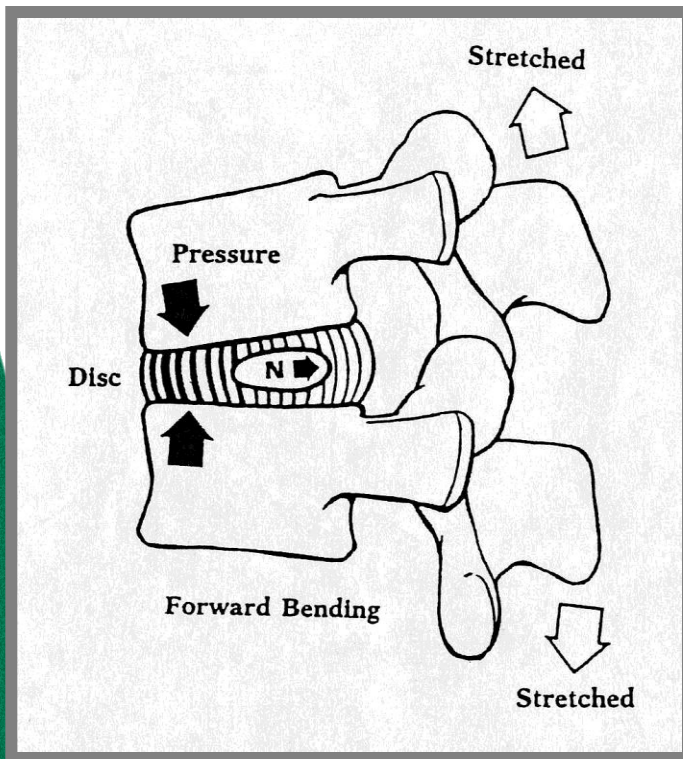
A combination of good posture and equipment prevents injury!

Anatomy of the Spine:

- Vertebral Body
- Disc
- Spinal cord
- Nerve Root

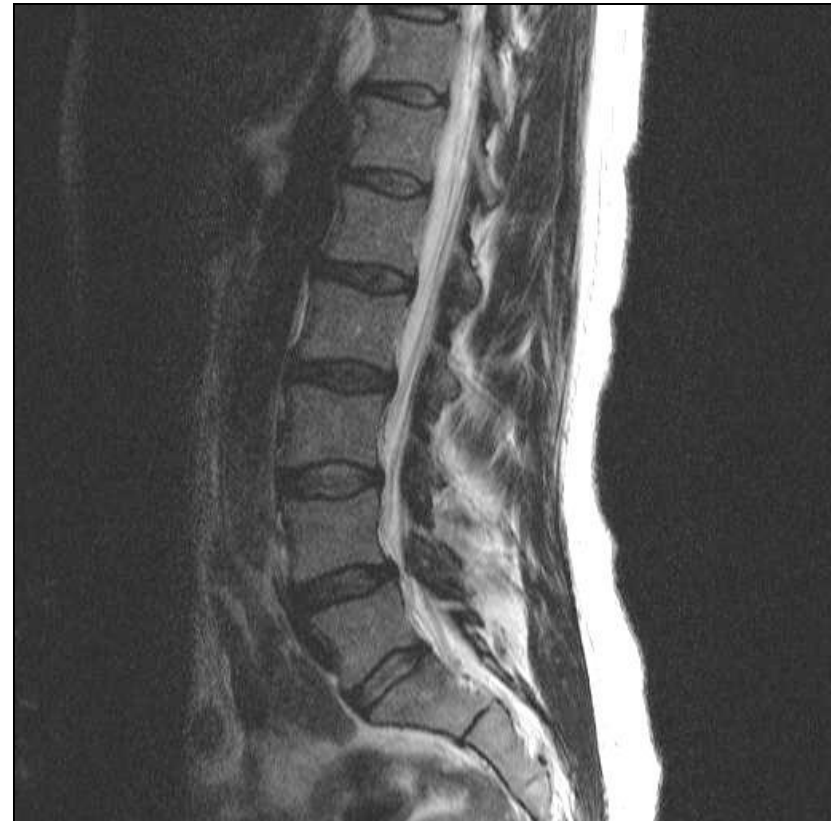


Effects of Bending on the Spine



Herniated Disc in the Back pushing on a nerve

MRI of Lumbar Spine



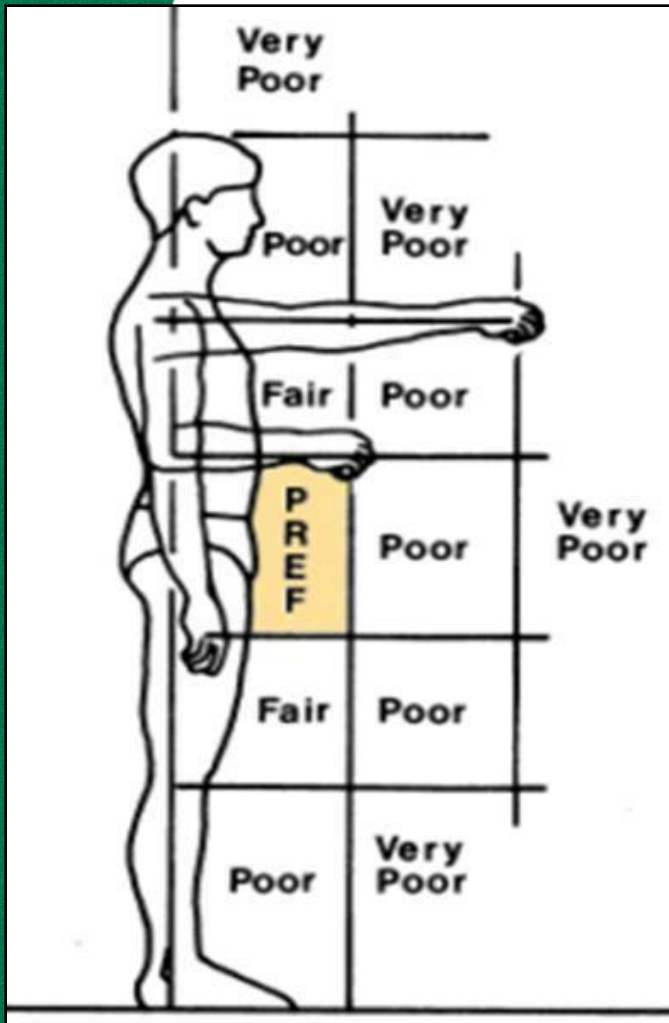
BODY MECHANICS:

The utilization of correct muscles to complete a task safely and efficiently, without undue strain on any muscle or joint.

Refers to the way we move during every day activities. Good body mechanics may be able to prevent or correct problems with posture. It may also protect your body, especially your back, from pain and injury.

Posture Principles

- Lift with your legs, not your back
- Move in straight planes, no twisting
- Keep the weight close to your body and at waist level
- Push rather than Pull



To Reduce Forces Acting on the Body

Keep arms close to body.

The NIOSH Lifting Limits

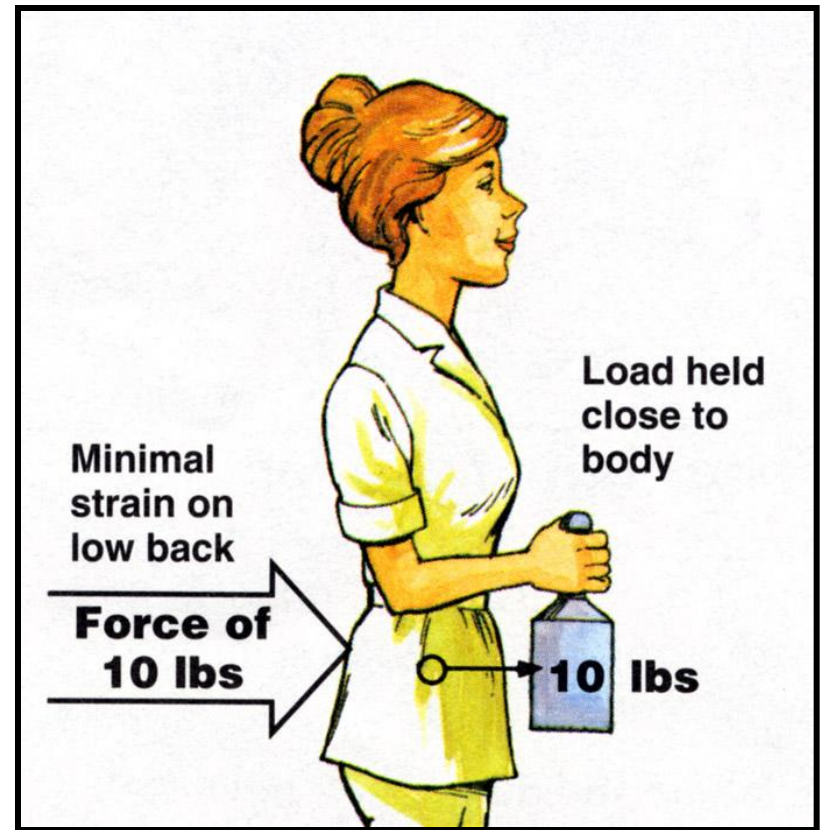
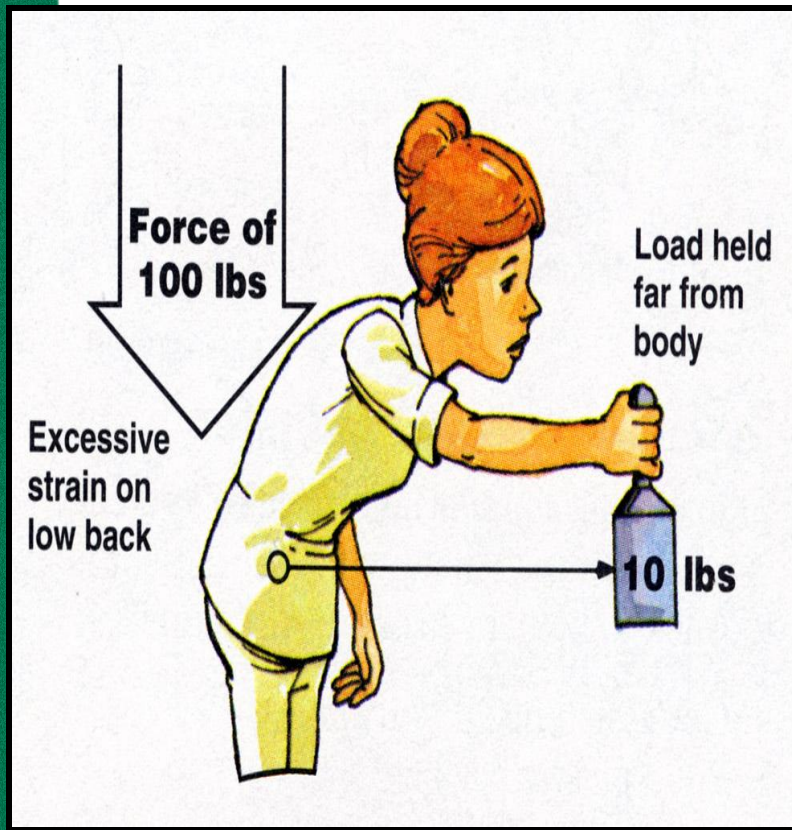
Manual Materials Handling for an ideal lift
 Maximum Recommended Weight = 51 lbs.

Overexertion resulting in sprains/strains to the back are the leading and most costly occupational health problem in the United States

Using good body mechanics and posture can prevent:

- Excessive fatigue
- Muscle strains or tears
- Skeletal injuries.

Lifting Recommendation **≤50lbs**



Tips for preventing back injuries

- Minimize load
- Eliminate twisting
- Lift between knee and shoulder
- Avoid forward reach
- Prevent jerking and speeding up
- Avoid awkward postures
- Provide sufficient room
- Take adequate breaks
- Use assistive devices for lifting/carrying

Lifting Properly

- Test the weight
- Get a good grip on the object.
- “Hug” the object.
- Align your spine (maintain the 3 natural curves).
- Bend your knees, avoid bending at the waist.
- Maintain a good foot base.
- **LIFT WITH YOUR LEGS!!!**

Lifting Properly



The Right Way!



The Wrong Way!

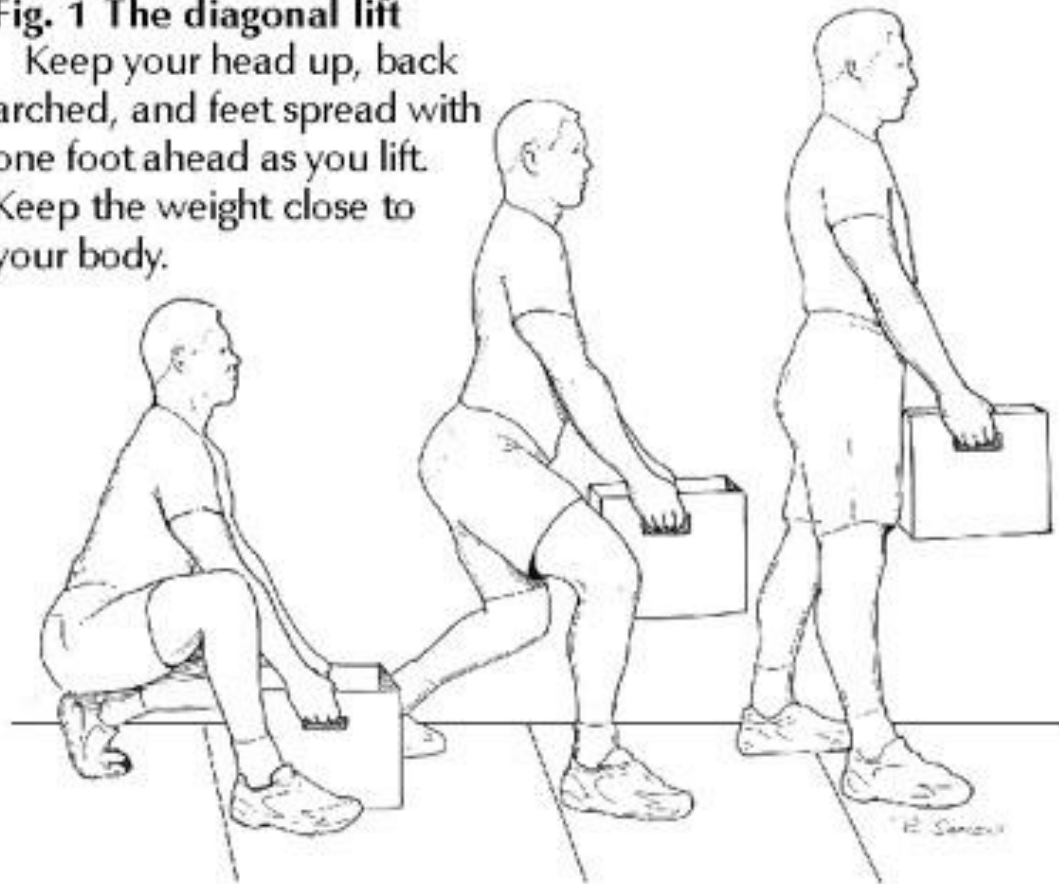
Lifting from “LOW” places

- Kneel to one knee.
- Support the load on one knee (to reduce the stress on your back).
- Keep load close to your body.
- Stand up, lifting with your legs.

Lifting “Low” Objects

Fig. 1 The diagonal lift

Keep your head up, back arched, and feet spread with one foot ahead as you lift. Keep the weight close to your body.





Do one brave thing each day

Heat Safety Outdoors

- Heat Exhaustion
- Heat Stress
- Safety Tips
 - Fluids
 - Light Clothing
 - Nausea, Vomiting, Cramps seek medical help

“Never underestimate the ability of a small group of committed individuals to change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

Thank You!