

## MEMBERS

- Oregon OSHA \*
- SAIF Corporation\*
- University of Oregon Labor Education Research Center \*
- Oregon Nurses' Association
- Oregon Health Care Association
- Oregon Association of Hospitals and Health Systems
- Oregon Federation of Nurses and Health Professionals 5017 (Kaiser Permanente)
- Liberty Northwest
- Association of Occupational Health Professionals in Healthcare -- Oregon Chapter
- Medical Protective
- SEIU Local 503
- Clinical Nurse Specialist – Occupational Health
- Physical therapists (Salem Hospital and St Charles Medical Center, Bend)
- Ergonomics Specialist/Vocation Rehab (Providence Portland MC)

### Co-Chairs

Lynda Enos, MS, RN, COHN-S, CPE,  
Chair 2004-2006 and Co-Chair 2007-2009  
Nursing Practice Consultant/Ergonomist, Oregon  
Nurses Association and Ergonomics Consultant,  
HumanFit

Deb Fell-Carlson, RN, MS, COHN-S, HEM  
Co-Chair 2007-2009  
Loss Control Program Advisor, SAIF Corporation

\*Founding members



## Coming Soon

### The OCHE Website

[www.hcergo.org](http://www.hcergo.org)

A 'one stop' shopping  
resource for  
health care ergonomics  
information

## Improving Health Care Employee and Consumer Safety



### For More Information Contact

Lynda Enos, Co-Chair OCHE  
Tel: 503-789-6945  
Email: [humanfit@aol.com](mailto:humanfit@aol.com)

or

Deb Fell Carlson, Co-Chair OCHE  
Tel: 503 373-8743  
Email: [debfel@saif.com](mailto:debfel@saif.com)

## MISSION

To improve healthcare employee and consumer safety by promoting ergonomics best practices across the continuum of care. OCHE goals are to increase education and awareness about musculoskeletal injuries (MSDs) and to share and promote ergonomic best practices and injury prevention strategies with the Oregon health care community.

(August 2003)

## WHO ARE WE?

A working partnership between health care industry groups and professional associations, academia, labor, workers' compensation insurance, and Oregon OSHA.

## GOALS

- Increase education and awareness of ergonomics injuries and challenges in the health care community.
- Share ergonomics best practices and injury prevention strategies within the health care community.
- Implement a communication plan to include all sectors of the health care community.

## FUTURE FOCUS

- Expand OCHE membership to other health care organizations such as home health.
- Develop a health care ergonomics website.
- Organize the 4th National HealthCare Ergonomics conference in collaboration with safety organizations in WA state and British Columbia.
- Expand MSDs prevention resources for long term care and home health care.
- Develop ergonomics guidelines for design of health care facilities (ONA).

## PROJECTS AND ACHIEVEMENTS

### Education and Awareness for Stakeholders



- National HealthCare Ergonomics Conference held in 2004, 2006 and 2009 in Portland, OR.
- Statewide workshops and seminars sponsored by member organizations.
- Stakeholders meetings for health care related organizations held in 2006 and 2007.
- Train-the-trainer 8-hour Ergonomics Curriculum developed for Emergency Medical Services (EMS) and Firefighters (LERC).

### Networking and Collaborative Partnerships

- Guest presentations for the Governor's Healthcare Workforce Retention Initiative task group, meetings of nurse educators, Oregon State Board of Nursing and to community groups.
- EMS Summit (Assisted Living and EMS partnership) to reduce injury risk from patient handling (LERC).
- Representatives on the Occupational Public Health Program (OPHP) for worker injury and illness prevention.

### Impacting Curriculum

- State Nursing Assistant Curriculum revised to include safe patient handling (SPH) concepts and use of lift and positioning devices.
- Implementation of the national SPH curriculum into a majority of Schools of Nursing in Oregon (facilitated by ONA).
- EMS/Firefighters - Exploring integration of ergonomics principles in EMT training requirements at the state level (LERC).

### Resources and Training

- OCHE member organizations offer training, resource materials, and free ergonomics consulting (ONA, SAIF, Liberty NW, Oregon OSHA).
- SPH training materials and videos developed for Acute and Long Term Care health care workers, patients and their families with grants from Oregon OSHA (ONA, LERC, OROSHA, SAIF). Materials are provided at no cost to all acute and long term care facilities in the state.

### Needs Assessment and Assessing Impact

- An estimated 65% of Acute Care Facilities (i.e., 80% of Acute Care beds) in Oregon have SPH program initiatives with varying components.
- Plan to conduct formal survey of Acute and Long Term Care facilities to assess impact of OCHE efforts to reduce MSDs in Oregon (OCHE and OPHP).
- Survey of EMS and Long Term Care facilities in Oregon around issues of SPH and transporting heavy patients (LERC).

### Strategic and Creative Incentives

- Guide pilot projects in support of OR-OSHA Facility of Choice (FOC) SPH program for Critical Access Hospitals (including Home Health and EMS) and Long Term Care.
- Continue efforts to offer the FOC program to Critical Access Hospitals and Long Term Care facilities throughout Oregon.
- Promote use of the Employer at Injury Program and Preferred Worker Program in support of healthcare ergonomics initiatives.
- Explore and develop solutions for obtaining necessary SPH equipment for the Home Care environment.

