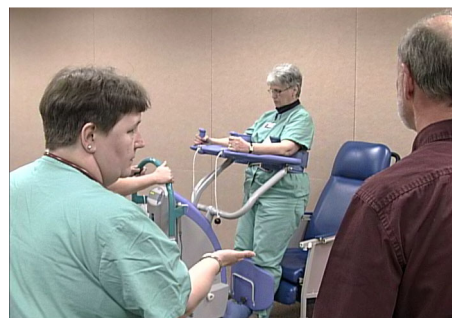


Safe Patient Handling in Health Care: Patient Orientation

A Guide to Equipment used to safely Move, Lift and/or Reposition Patients or Residents



Not all equipment available for lifting and moving patients is described in this document.

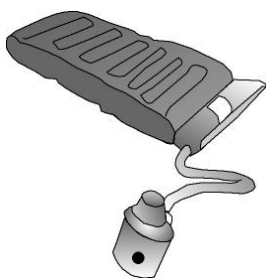
The type of equipment nurses and/or caregivers will use to lift or move you depend on:

- Your medical condition and diagnosis
- How unwell you are feeling
- Your ability to stand and bear weight,
- Your upper body and arm strength
- Your ability to assist with the movement
- Your body size and shape
- Your doctor's instructions

Lateral (side to side) transfer aids

These devices help to reduce friction when you are being moved lying on your back to and from a bed and a stretcher or an exam or operating table.

Air Assisted



A flexible mattress is placed under you. A motor (which may sound like a vacuum cleaner) is used to inflate the mattress. Air flows through holes in

the mattress creating a cushioned film of air allowing caregivers to easily pull the mattress from one surface to another.

Friction Reducing



A device such as a slippery sheet is placed under you reducing friction between you and the bed so that caregivers can more easily pull you from a bed to stretcher or table. A transfer or a roller board may also be used with or without the slippery sheet to help reduce friction.



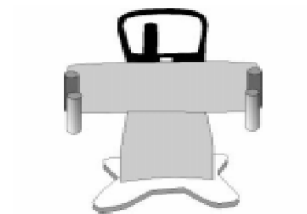
Mechanical

Some stretcher type devices use a crank mechanism to gently slide you on a foam pad from your bed to the stretcher. These devices may also convert to a chair position.



Mechanical

This type of device attaches to the bed sheet you are on. Using a motor the device will to pull you from your bed to a stretcher or table.

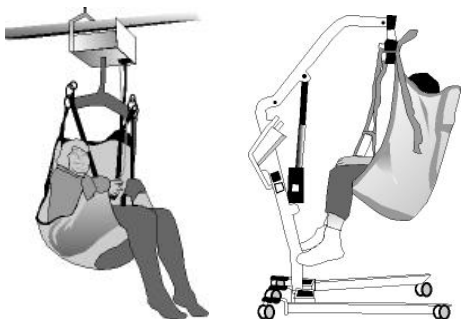


Powered lift equipment

These devices are used to lift and move you in bed or from bed to chair, wheelchair or commode or into a car. They may also be used for bathing and toileting or to lift you from the floor.

Ceiling Mounted and Powered Portable Lifts

A full body sling is placed under you to support your legs and back. While you are in the sling the device will gently lift and move you.



Powered Stand Assist and Repositioning Device

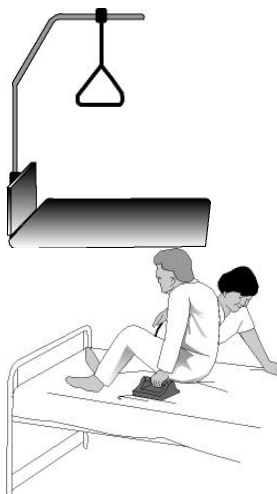
This device will help you stand up and move from bed to chair, commode or wheel chair if you are able to support some of your weight and can sit upright without help. A sling is placed around your mid-back and under your arms and hooked to a frame on the device. A motor is used to gently lift you to a standing position. The nurse or the caregiver can then move the device.



Repositioning in bed

Some of the devices already described can also be used to move you when you are in bed. Powered Ceiling and Floor Lifts, Air Assisted and Friction Reducing Aids may be used to help you move in bed especially when you are unable to assist the nurse or caregiver. Other examples are:

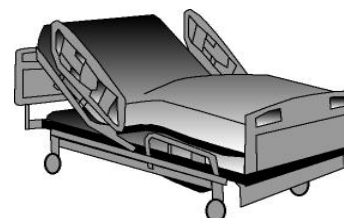
If you have good arm strength you may be



able to use a **Trapeze Bar** that is attached to your bed so that you can pull and move yourself in bed *or* **Hand blocks and push-up bars** (attached to the bed) to assist the nurse or caregiver to reposition you.

Electric powered height adjustable bed

Adjustable beds allow the caregiver to position you at a safe work height. Adjustments on some beds may also help reposition you.



Ambulation devices for walking and therapy

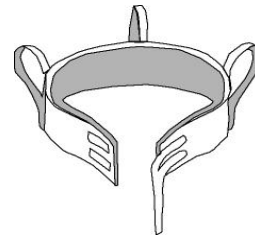
Rolling Walking Assist Device



This device gives you a little extra support when walking. A belt or sling may be placed around you to keep you safe while the device rolls forward as you walk.

Gait/Transfer Belts

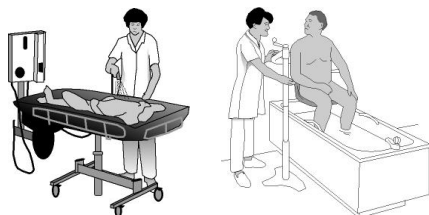
If you are able to stand and walk fairly well but need a little assistance, a belt may be secured around your waist to help you safely walk or transfer between your bed and a chair.



Bathing and toileting

There are many devices that may be used to help you bath or use the toilet. Here are just a few:

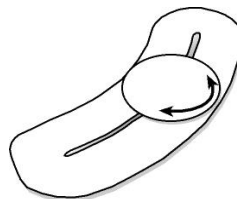
- **Shower chairs and commodes**
- **Bath boards and transfer benches** help you move in a seated position from a wheelchair or commode to a bathtub.
- **Shower gurneys** are portable 'stretcher' like devices that you lie in while being showered.
- **Special bath lifts** can transfer you into and out of the bath tub.
- **Powered height adjustable bathtubs** with easy entry door. These tubs can be lowered so that you can step into them safely.



Seated transfers

Sliding Boards

Slide boards act as a support bridge to help you transfer in a seated position between a chair to wheelchair and bed to chair. They may be made of wood or plastic and some have a movable seat. You may also wear a Gait Belt for support when using a slide board.



Brand names mentioned or seen in these training materials do not constitute endorsement of the device, equipment or product by the Oregon Occupational Safety and Health Division, Oregon Nurses Association, Bay Area Hospital, the University of Oregon's Labor Education and Research Center or other organizations that support this grant.

Sources:

A Back Injury Prevention Guide for Health Care Providers. OR-OSHA Consultation Programs (1997). OSHA Guidelines for Nursing Homes: Ergonomics for the Prevention of Musculoskeletal Disorders (2003). Patient Care Ergonomics Resource Guide: Safe Patient Handling and Movement. Patient Safety Center of Inquiry, VHA and DOD Veterans Administration Hospital, Tampa, Florida (2001).
