

Orange County

In-Home Supportive Services



Public Authority



Partnership for Successful Providers



PRINCIPLES OF BODY MECHANICS AND CAREGIVING SAFETY TECHNIQUES TO PREVENT INJURY

Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

Overview



Principles of Body Mechanics and Caregiving Safety Techniques to Prevent Injury

- ❑ Statistics
- ❑ Importance of Performing Tasks Properly
- ❑ Prevent Back Injury
 - Proper Posture
 - Safe Body Mechanics
 - Medical Equipment and Assistive Devices and Supplies
 - Safe Lifting and Transferring
 - Fitness

Statistics



Due to the population growth of older adults, the U.S. Bureau of Labor Statistics projects a 70% increase in the need for personal care services from 2010 to 2020 – a much faster growth than the average occupation.

In 2010, home health and personal care providers had a “higher-than-average number of work-related injuries and illnesses in 2010”.

Source: U.S. Bureau of Labor Statistics

Video



It's Your Back Don't Break It

Importance of Performing Tasks Properly



Due to the tasks associated with providing personal care and domestic services, Providers are at great risk of experiencing back pain *IF* tasks are not performed properly.

- ❑ Tasks that can cause back pain include frequent bending, twisting, lifting, pushing, pulling and other forceful or repetitive movements
- ❑ Tearing of tendons, muscles, and related nerves and bones can result from continuous stress and repetitive damaging movement
- ❑ When lifting or transferring a Consumer, the risk of injury to your body can be caused by
 - Stress of the lift on your body mechanics
 - The awkward position of your body
 - The Consumer's unpredictable movements
 - Environmental hazards such as limited space, clutter and lack of lifting equipment

Prevent Back Injury



In an effort to prevent injury, it is important that the following precautions be practiced in your work routine.

- Proper Posture
- Safe Body Mechanics
- The Use of Medical Equipment, Assistive Devices and Supplies
- Safe Lifting and Transferring
- Personal Fitness

Proper Posture

- Proper posture is important for avoiding other health issues.

Head up - shoulders back – chest out – stomach in – buttocks tucked



Safe Body Mechanics

- ❑ Plan your lift in advance
- ❑ Position yourself in front of the person/item you will be lifting
- ❑ Bend at your hips and knees NOT at your waist
- ❑ Keep loads close to your body
- ❑ Contract your stomach muscles during the lift and use the strength of your legs to lift
- ❑ Avoid twisting motions
- ❑ Avoid overreaching
- ❑ Try to keep working surfaces slightly higher than waist level to avoid back strain
- ❑ DO NOT lift a load that is too heavy to lift by yourself – try to lighten the load



Medical Equipment and Assistive Devices and Supplies

The need of every Consumer is unique and must be considered when determining what equipment/devices, if any, are needed to safely provide services.

The items listed below are examples of items commonly used.

Gait Belts



Walking Cane



Bath Bench



Toilet Frame



Wheelchair



Walker



Transfer Board



Gait Belts for Lifting

Providers can minimize stress on their backs when lifting or transferring Consumers by utilizing **gait belts**.

- These belts enable you to securely hold on to the Consumer.
 - A makeshift belt can be made with a sheet
- When holding the Consumer from the back, put your fingers under the belt and place your thumb at the top of the belt.



Safe Lifting and Transferring

PRIOR TO LIFTING AND TRANSFERRING - ACT

Assess the situation and your surroundings

- Plan ahead before lifting
- Consider the Consumer's condition, size and ability to participate in the activity

Create a safe workplace

- Identify possible hazards/obstacles
- Organize your space - move items if necessary



Place the chair close to the bed/sofa/chair

- Remove the armrest (if removable) nearest to the Consumer and remove both footrests to prevent tripping.

**** Ensure that the bed/chair are stable & locked to prevent movement ****

Transfer

Safe Lifting and Transferring

Communicate with the Consumer *prior to* and *during* the transfer to ease any anxiety he/she may be experiencing.

Place feet shoulder width apart

A solid base of support is important while lifting

- Standing with your feet too close together or too far apart can cause instability - endangering both you and the Consumer

Bend your knees and focus on keeping your back straight

- Keeping your eyes focused upwards helps to keep your back straight.

Lift and lower with your legs

- Lift and lower by bending your knees, NOT YOUR BACK
- Use the strength of your legs

Tighten your stomach muscles

- Strong stomach muscles help prevent excessive force on the spine



Safe Lifting and Transferring



Lift Close to Your Body

- Holding the Consumer close to your body will help you remain balanced.
- On signal, lift the Consumer to a standing position by pulling on the belt and straightening your knees

Small Steps

- Taking small steps, *pivot* the Consumer toward the chair/sofa/bed – DO NOT TWIST

Lower the Consumer Onto the Chair/Sofa/Bed

- Stand close to the Consumer
- Hold onto the gait belt and bend your knees as you lower the Consumer
- Consumer can hold onto your waist or shoulder but NOT your neck

Sitting a Consumer From the Lying Position

Steps to follow if a Consumer is not strong enough to independently sit up from a lying position.

Assist Consumer to the reclining position

- Place one of your arms under the Consumer's head
 - Placing pillows behind their head can help put them in a reclining position



Slide the Consumer's legs to the edge of the bed

- Place your other arm under the consumer's knees

Help the Consumer sit up

- With your knees bent and back in a straight position, shift the Consumer so that his/her legs are over the edge of the bed
- Once the Consumer is sitting, secure the transfer belt onto the Consumer



Put slip-resistant footwear on the Consumer → proceed with safe lifting techniques

Important Considerations

There are important factors to consider when interviewing for a position or working with a Consumer.

- You must know and accept your limitations - physical strength/weaknesses
- Size, Weight, & Physical Condition of the Consumer
 - Is there a big difference between your size and that of the Consumer
 - Is the Consumer too heavy for you to lift, even with the use of devices
- The functional level of the Consumer
 - Is the Consumer able to participate in the lift/transfer activity or is the Consumer fully dependent on the Provider due to his/her limited ability
- If in the process of interviewing for a position, include the Consumer's family/Authorized Resident when possible to discuss the Consumer's needs
- **It is Ok not to lift the Consumer or accept a job that requires lifting if you are unable to do so safely**
- Consider the use of equipment to help your Consumer
 - The Consumer may want to contact his/her physician for direction on how to obtain the necessary equipment

Fitness



Staying fit is very important and as Providers it is especially important that you take care of yourselves.

Adding an exercise program to your regular routine will contribute to your overall fitness.

The exercise program should include 20 minutes 3 times per week of:

- Aerobic Activity
- Muscle Strengthening
- Flexibility Exercises

This can be achieved without having to join a gym or spending money

PLEASE NOTE: *Consult with your physician prior to implementing any physical activity to your schedule.*

Aerobic Activity

Numerous studies have proven that brisk walking is excellent for our overall health.



- Helps maintain a healthy weight
- Helps prevent/manage various conditions – including heart disease, high blood pressure and type 2 diabetes
- Helps strengthen your bones
- Helps improve your balance and coordination
- Lifts your mood

Muscle Strengthening

Strengthening your upper body will help protect your vulnerable back muscles.

Arms: Extend arms out to each side at shoulder height – 20 small circles backwards and then 20 forward circles

Shoulder: Stand with feet shoulder-width apart, holding a dumbbell in each hand, bend elbows, bring hands to shoulders (palms facing forward) lift weights straight up, lower and repeat



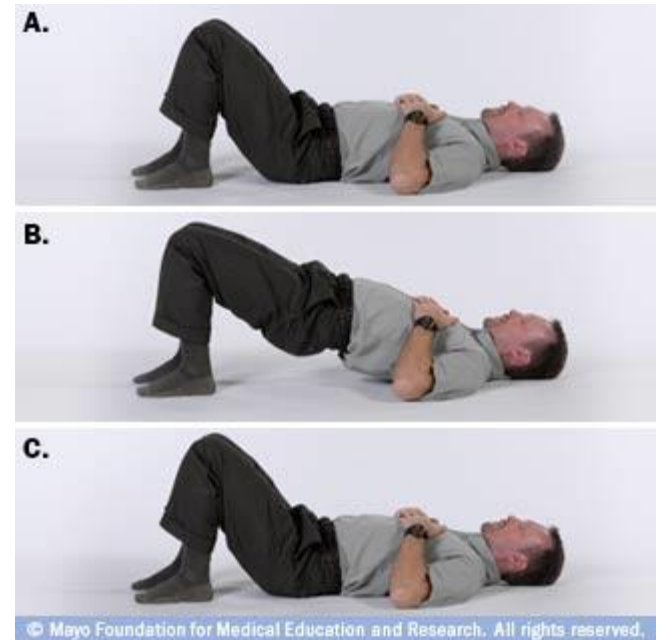
Household items can be used in place of weights



Muscle Strengthening

Abdomen: Sit ups – lie on the floor, put hands under your head, bend knees, raise straight up from head to shoulders

Core (pelvis, lower back, hips and abdomen):
a strong core leads to better balance and stability
The “Bridge” – lie on your back with knees bent, tighten your abdomen muscles, raise your hips off the floor, align your hips with your knees and shoulders
➔ hold the position as long as you can without breaking your form



Muscle Strengthening

Legs:

Stand with your back against a wall, slowly lower your body to a 45-degree angle, hold the position for 10-15 seconds, slowly slide up



Overall:

Put your favorite music on and ***dance!***



Flexibility & Stretching



- ❑ Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion.
- ❑ Flexibility can lower your risk of injury.
- ❑ Stretching benefits people of all ages, and is intended for the young as well as the elderly population.
- ❑ According to the Mayo Clinic, the top five benefits of stretching include:
 - Increased flexibility and joint range of motion
 - Improved Circulation
 - Better Posture
 - Stress Relief
 - Enhanced Coordination

Proper Stretching Techniques



- **Warm up first:** Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes.
- **Hold each stretch for at least 30 seconds:** It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area.
- **Focus on a pain-free stretch:** If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.

Proper Stretching Techniques (continued)



- **Relax and breathe freely:** Don't hold your breath while you're stretching
- **Stretch both sides:** Make sure your joint range of motion is as equal as possible on each side of your body
- **Stretch before and after activity:** Light stretching after your warm-up followed by a more thorough stretching regimen after your workout is your best bet

Retrieved from: <http://physicaltherapy.about.com/od/flexibilityexercises/a/stretchbasics.htm>

Resources

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Thank you for attending

Any Questions ?