

Module 11: Ergonomics, Transferring, and Repositioning a Consumer

Objectives

- Explain The “ABCs” of Good Body Mechanics.
- Explain how to help prevent Pressure Ulcers.
- Explain how to prevent shearing and friction when moving a patient.
- Explain how to position a Consumer correctly.
- Explain how to transfer a Consumer properly.

Key Terms

- Ergonomics
- Body mechanics
- Alignment
- Pressure Ulcers
- Contractures
- Supportive Devices
- Supine
- Prone
- Shearing
- Friction
- Transfer
- Weight bearing
- Transfer Belt
- Logrolling

Content

!!! REMINDER !!!	
<ul style="list-style-type: none"> • ALWAYS FOLLOW YOUR FACILITY'S POLICIES AND PROCEDURES. • ALWAYS FOLLOW THE CONSUMER'S CARE PLAN. • NEVER WORK OUTSIDE YOUR JOB DESCRIPTION OR SCOPE OF TRAINING. • NEVER PERFORM MEDICAL/CLINICAL PROCEDURES OR INTERPRET MEDICAL CONDITIONS OR RESULTS. • REPORT OBSERVATIONS TO SUPERVISOR UNLESS INSTRUCTED OTHERWISE. 	
REFERENCE TEXTBOOK: UNIT 3: CHAPTER 12: WORKPLACE SAFETY	
TEXTBOOK SECTION	NOTES
Protecting Your Body*	
• Ergonomics*	
• The “ABCs” of Good Body Mechanics*	
• Lifting and Back Safety*	Paragraph 1 only Include: <ul style="list-style-type: none"> • Figure 12-4* • Guidelines Box 12-1: Guidelines for Protecting Yourself from Physical Injury*
What Did You Learn?*	Questions 2, 10 only
REFERENCE TEXTBOOK: UNIT 3: CHAPTER 14: POSITIONING, LIFTING, AND TRANSFERRING PATIENTS AND RESIDENTS	
TEXTBOOK SECTION	NOTES
What Will You Learn*	

Positioning Patients and Residents*	<p>Include:</p> <ul style="list-style-type: none"> • Figure 14-1* • Figure 14-2*
Basic Positions*	<p>Include:</p> <ul style="list-style-type: none"> • All Figures
♦ Supine (Dorsal Recumbent) Position*	
♦ Lateral Position*	
♦ Prone Position*	
♦ Sitting Position*	
Repositioning a Person*	<p>Include:</p> <ul style="list-style-type: none"> • Guidelines Box 14-1: Guidelines for Repositioning a Person*
♦ Tell the Nurse!*	
♦ Moving a Person to the Side of the Bed*	
♦ Helping a Person to Move Up in Bed*	
♦ Raising a Person's Head and Shoulders*	
♦ Turning a Person onto His or Her Side*	
♦ Logrolling a Person*	
♦ Concerns for Long-Term Care*	Applicable to PSS in AH and HHA situations. Emphasize care after repositioning.
Transferring Patients and Residents*	<p>Examples of transfers to/from:</p> <ul style="list-style-type: none"> • Toilet; • Commode; • Wheelchair; • Tub/shower; • Wheelchair to tub/shower; and • Bed to chair, bed to wheelchair, bed to commode. <p>Examples of types of transfers:</p> <ul style="list-style-type: none"> • One, two, three or more person assist; • Transfer sheet, transfer board, gait belt; • Mechanical Lifts – hydraulic, manual; and • Overhead lifts
♦ Transfer-Assist Devices*	<p>NOTE: Your facility will train you on the transfer devices you may need to use including mechanical lifts.</p> <p>Include:</p>

	<ul style="list-style-type: none"> Guidelines Box 14-2: Guidelines for Assisting a Person with Transferring*
<ul style="list-style-type: none"> Helping Hands and a Caring Heart: Focus on Humanistic Health Care* 	
<ul style="list-style-type: none"> Transferring a Person to and From a Wheelchair or Chair* 	
<ul style="list-style-type: none"> Transferring a Person Using a Mechanical Lift* 	
<ul style="list-style-type: none"> Assisting a Person with Walking (Ambulating)* 	<p>NOTE: Your facility will train you on the assistive devices you may need to use to assist Consumers.</p> <p>Include:</p> <ul style="list-style-type: none"> Table 14-1: Assistive Devices for Walking (Ambulating)* Guidelines Box 14-3: Guidelines for Assisting a Person with Walking (Ambulation)*
<ul style="list-style-type: none"> Tell The Nurse!* 	
What Did You Learn?*	Questions 3, 5, 6, 8, 13, 14, 15, 16 only