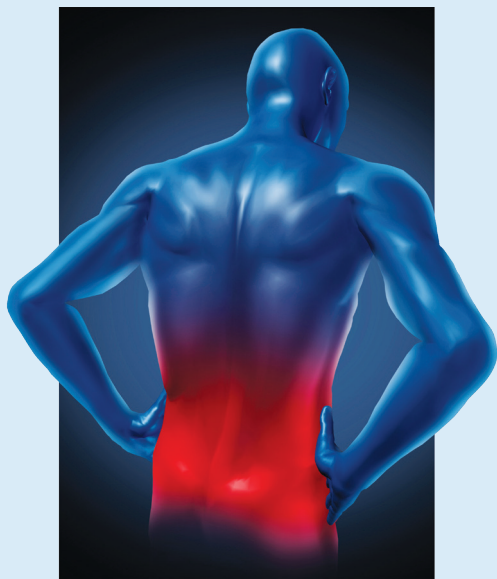


Science tells us we should not lift over 35 pounds of a resident's body weight when we are in the best possible position. This guideline weight limit decreases as we bend, reach, twist or assume awkward postures. When we continually lift more than our body can tolerate, micro-injuries occur to our muscles and spine, and we are not always aware of the injury until it is too late.



High risk tasks push the limits of human abilities contributing to either acute or cumulative trauma. The following tasks are deemed to be high-risk for injury to occur:

- repositioning resident in bed
- toileting resident
- ambulating resident
- bathing/showering resident
- repositioning resident in chair
- lateral transfers

A Safe Patient Handling and Mobility program helps to protect both the caregiver and the resident from high-risk situations and actions. It also provides the safest and most comfortable method of assisting residents with whatever their needs are. And, it provides caregivers with the tools to perform their jobs safely so that they can remain healthy!

“Using lift equipment removes the heavy lifting from you!”



Components of a SPHM Program

- ✓ Policy
- ✓ Ergonomic Assessment
- ✓ Program Manager
- ✓ Peer Leaders
- ✓ Algorithms
- ✓ Mobility Assessment
- ✓ Equipment
- ✓ Training & Education
- ✓ Root Cause Analysis
- ✓ Outcome Measures

Your SPHM Program Will...

- * protect residents and caregivers from injury
- * improve residents' comfort
- * improve residents' and caregivers' satisfaction
- * decrease staff turnover
- * decrease facility acquired pressure ulcers and skin tears
- * decrease resident falls
- * improve resident rehab outcomes
- * improve overall resident quality of care
- * produce significant cost savings in care and staff injuries