

SPHM Education Resources

The following are freely available resources that faculty may find useful when incorporating SPHM into curriculum.

Contents

Instructional Materials.....	1
Textbooks for Students that Incorporate SPHM	3
SPHM Curriculum References Published Since the White Paper	3
Physical Therapy.....	3
Occupational Therapy.....	3
General.....	4

Instructional Materials

Ergonomics in Healthcare: A Continuing Education Program for Nurses, Nursing Assistants, and Healthcare Managers. UMass – Lowell. 2018. www.uml.edu/Research/CPH-NEW/nurse-education/ergonomics/

Safe Patient Handling Nursing School Curriculum Module. National Institute for Occupational Safety and Health (NIOSH). March 2010. <http://www.cdc.gov/niosh/docs/2009-127/>

Safe Patient Handling and Mobility (SPHM): A Process to Protect Health Care Workers and Recipients. A White Paper by the American Industrial Hygiene Association (AIHA), the Association of Safe Patient Handling Professionals (ASPHP), and the American Nurses Association (ANA), Inc. Falls Church, VA. October 2024. https://asphp.org/wp-content/uploads/2024/12/Safe_Patient_Handling_and_Mobility_WhitePaper-Final.pdf

Patient Handling and Mobility Assessments. Matz M, et al. Facility Guidelines Institute (FGI). 2nd ed. 2019. https://www.fgiguideelines.org/wp-content/uploads/2019/10/FGI-Patient-Handling-and-Mobility-Assessments_191008.pdf

Bariatric Safe Patient Handling and Mobility Guidebook: A Resource Guide for Care of Persons of Size. Center for Engineering & Occupational Safety and Health (CEOSH). Veterans Affairs. 2016. <https://www.asphp.org/wp-content/uploads/2011/05/Baraiatrice-SPHM-guidebook-care-of-Person-of-Size.pdf>

Injured Nurses. The National Public Radio Special Series. 2015. <http://www.npr.org/series/385540559/injured-nurses>

American Industrial Hygiene Association (AIHA)

- Home Health Care Aides: Occupational Health and Safety Challenges and Opportunities: A White Paper. AIHA in collaboration with HFES. <https://www.hfes.org/Portals/0/Documents/Home-Health-Care-Aides-Occupational-Health-and-Safety-Challenges-and-Opportunities-White-Paper.pdf>
- Quick Tips for Safe Patient Handling and Mobility. American Industrial Hygiene Association (AIHA) and The Occupational Safety and Health Administration (OSHA). 2014.

English

https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/OSHA-Quick-Tips-on-SPHM_Final-Mar2014.pdf

Spanish

https://aiha-assets.sfo2.digitaloceanspaces.com/AIHA/resources/Quick-Tips-on-SPHM-Spanish-OSHA-review-6-27-14_FINAL.pdf

The Occupational Safety and Health Administration (OSHA)

OSHA has published guidelines for preventing musculoskeletal disorders (MSDs) in health care through safe patient handling programs. Although these guidelines are not specific standards, they provide recommendations for preventing injuries related to patient handling.

- Safe Patient Handling Resources
 - <https://www.osha.gov/healthcare/safe-patient-handling>
 - https://www.osha.gov/sites/default/files/3.2_SPH_checklist_508.pdf
- Guidelines for Nursing Homes Ergonomics for the Prevention of Musculoskeletal Disorders 3182-3R 2009 https://www.osha.gov/sites/default/files/publications/final_nh_guidelines.pdf
- Worker Safety in Hospitals webpage. <https://www.osha.gov/hospitals>

The National Institute for Occupational Safety and Health (NIOSH)

NIOSH provides research-based guidance on safe patient handling and focuses on reducing work-related injuries among health care workers.

- Safe Patient Handling and Mobility
 - https://www.cdc.gov/niosh/healthcare/prevention/sphm.html?CDC_AAref_Val=https://www.cdc.gov/niosh/topics/safepatient/
- Safety Culture in Health Care Settings. **WB4450R – NIOSH Pub. No. 2023 – 135** *Online training modules* <https://www.cdc.gov/niosh/learning/safetyculturehc/healthcare-workers.html>
- Healthcare Workers and Occupational Hazards
 - https://www.cdc.gov/niosh/healthcare/?CDC_AAref_Val=https://www.cdc.gov/niosh/topics/safepatient/

American Nurses Association (ANA)

- Safe Patient Handling and Mobility: Interprofessional National Standards Across the Care Continuum. 2nd edition. Silver Spring, MD, 2021. <https://www.nursingworld.org/nurses-books/safe-patient-handling-and-mobility-2nd-edition2>
- Implementation Guide to the Safe Patient Handling and Mobility Interprofessional National Standards provides guidance on implementing safe practices to reduce the risk of patient and health care worker injuries. <https://www.wolterskluwer.com/en/solutions/ovid/implementation-guide-to-the-safe-patient-handling-and-mobility-interprofessional-national-standards-13371>
- Current Topics in Safe Patient Handling and Mobility. American Nurse Today. September 2014. https://www.myamericannurse.com/wp-content/uploads/2014/07/ant9-Patient-Handling-Supplement-821a_LOW.pdf

The Joint Commission

TJC published “Improving Patient and Worker Safety: Opportunities for Synergy, Collaboration, and Innovation,” which informs health care organizations about the risks of manual patient handling to HCWs and patients and how SPHM programs to decrease these risks and facilitate safer patient care.

<https://www.patientcarelink.org/the-joint-commission-improving-patient-worker-safety-opportunities-for-synergy-collaboration-innovation/>

Dept. of Veterans Affairs

Safe Patient Handling and Mobility (SPHM) webpage

<https://www.publichealth.va.gov/employeehealth/patient-handling/>

Numerous SPHM Guidelines including:

- Safe Patient Handling and Mobility (SPHM) Solution Everywhere for Everyone
- Patient Safety Simulations in a VA Virtual Environment

Textbooks for Students that Incorporate SPHM

Nursing

- Potter, P. A., Perry, A. G. Stockert P.A. &, Hall, A. (2020). Fundamentals of nursing. Elsevier Health Sciences.
- Rothrock, J. C. (2022). *Alexander's care of the patient in surgery-E-Book*. CHAPTER 3 Workplace Issues and Staff Safety. Elsevier Health Sciences.
- Baird, M. S. (2021). Manual of Critical Care Nursing-E-Book: Nursing Interventions and Collaborative Management. Elsevier Health Sciences.
- Fairchild, S. L., O'Shea, R. K., & Washington, R. D. (2017). Principles & techniques of patient care (6th ed.). Pearson.

SPHM Curriculum References Published Since the White Paper

Physical Therapy

Haines, J., Kirschling, D., Demeuse, S., & Arnold, M. (2024). From classroom to clinic: Doctorate of physical therapy students' experiences putting safe patient handling and mobility knowledge into practice. *International Journal of Safe Patient Handling and Mobility*, 14(1), 116.

https://www.researchgate.net/publication/382825256_From_Classroom_to_Clinic_Doctorate_of_Physical_Therapy_Students'_Experiences_Putting_Safe_Patient_Handling_and_Mobility_Knowledge_into_Practice

Haines, J., & Arnold, M. (2021). Safe patient handling and mobility principles in Doctor of Physical Therapy education: Student intentions for future practice. *International Journal of Safe Patient Handling and Mobility*, 11(2), 61–75.

Haines, J., & Arnold, M. (2019). Integration of safe patient handling and mobility principles in professional physical therapist education: A case report. *Journal of Physical Therapy Education*, 33(2), 113–125.

Tautonico, M., Voltmer, C., Lee, T., DiCandia, E., & Silberman, N. (2024). A novel approach to safe patient handling and mobility training in physical therapist education. *Journal of Acute Care Physical Therapy*, 15(3), 77–88.

Occupational Therapy

Santorufu, K., & Roy, A. (2025). From Theory to Practice: Integrating Safe Patient Handling and Mobility into Occupational Therapy Curriculum (Part 1/2). *The Open Journal of Occupational Therapy*, 13(1), 1-9.

<https://scholarworks.wmich.edu/ojot/vol13/iss1/12/>

Santorufu, K., & Roy, A. (2025). From Theory to Practice: Integrating Safe Patient Handling and Mobility into Occupational Therapy Curriculum (Part 2/2). *The Open Journal of Occupational Therapy*, 13(1), 1-

11. <https://scholarworks.wmich.edu/ojot/vol13/iss1/13/>

General

Karppi, M., Jerez-Roig, J., Naamanka, K., Mimoso, T., Sormunen, E., Dudoniene, V., ... & Tamminen-Peter, L. (2022). Safe patient handling education: analysis from European higher education institutions. *International Journal of Occupational Medicine and Environmental Health*, 35(5), 615. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10464788/>