

# Safety Tips from the WorkSafe People

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## Lifting and Moving Patients

### When Lifting and moving patients:

- Use appropriate patient handling devices whenever possible
- Know and apply the basics of body mechanics for lifting and moving
- Establish a balanced lifting or moving position
- Avoid twisting
  - Change the position of your feet rather than twisting your body
  - Use the strongest muscles in the body — the leg muscles — to carry or move a patient

### Before lifting a patient:

- Evaluate the situation and the travel route
  - Understand what needs to be done
  - Have the necessary equipment and personnel required for the lift

### Position the equipment

- Place the wheelchair, stretcher or gurney as close to the patient as possible and in proper alignment
- Make necessary adjustments to the chair, stretcher or gurney height

### Helping a patient sit up in bed

- Slide the patient to the edge of the bed — this will help to minimize the move
- The attendant should position the patient's legs over the edge of the bed
- With the patient's legs hanging over the side of the bed, the attendant gently lifts the patient's upper body

### Lifting and moving the patient

- Face the patient
- Position your feet approximately shoulder width apart with knees bent to establish a good balance
- Bend your elbows and hold the patient close
- If the lift requires more than one person
  - Make sure everyone knows what role they will play during the lift
  - Make all movements at the same time