• Body mechanics alone is not sufficient to protect the nurse from the heavy weight, awkward postures, and repetition involved in manual patient handling
• Safe manual handling techniques must be used in combination with equipment and technology for safe patient handling and movement
• Knowledge of ergonomics and safe patient handling is crucial in maintaining caregiver and patient safety

Application of body mechanics
• Begin activities by broadening your base of spread and spread feet to shoulder length
• Use longest and strongest muscles of the arms and legs to help provide power needed (more info on pp)

Safe Patient
• Wider the base of support, the greater stability of nurse
• Lower center of gravity, the greater stability of nurse
• Equilibrium of an object is maintained as long as the line of gravity passes through its base of support

Assess the patient
• Ability of the patient to:
  o Provide assistance
  o Bear weight
  o Cooperate & follow instructions
• Upper extremity strength of patient
  o How strong?
• Patient and weight
  o How big? How heavy?
• Any special patient conditions

Assess the patient
• Examples of risky job environments
  - slip, trip and fall hazards
  - uneven work surfaces (stretchers, beds, chairs, toilets at different heights)
  - space limitations (small rooms, lots of equipment)

Type of task needed?
• Examples of risky job tasks
  o Awkward postures
  o Lifting heavy loads
  o Excessive pushing/ pulling
  o Frequent/ repeated lifting and moving
  o Tasks that last a long time