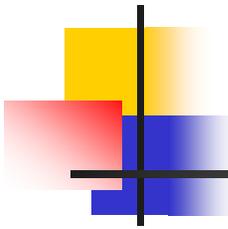


Body Mechanics and Positioning!



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What we will cover...

- Proper lifting techniques
- Preparing an individual for a move
- Lifting and moving techniques

Proper Lifting Techniques

Evaluate the situation before lifting



Weight

Size and Shape



Distance



Obstacles



Rigidity
and
Flexibility

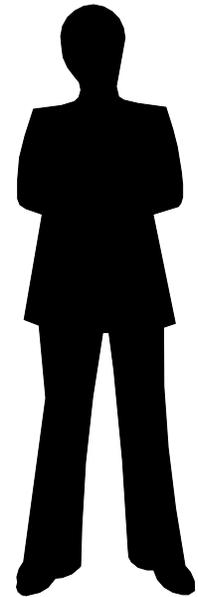
If you need help:

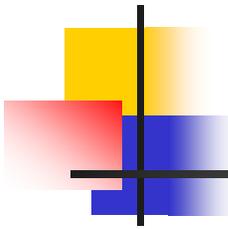
- Ask for assistance
- Have a plan

Proper Lifting Techniques

Components of Proper Posture

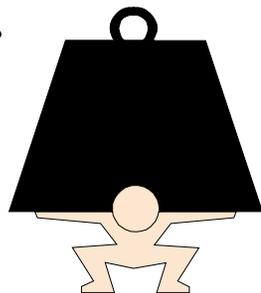
- Good alignment
 - All major body parts should be in a line
 - Facing the same direction
- Feet shoulder width apart
- Weight evenly distributed

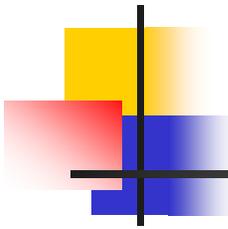




Proper Lifting Techniques

- Use strongest muscles-shoulders, upper arms, thighs, and hips.
- Don't use your back-Bend and squat.
- Use the most muscle groups possible
- Avoid twisting, instead turn whole body.
- Avoid sudden movements.
- Use leverage, keep items close to you.





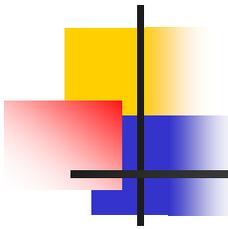
Preparing an Individual for a Move

- Find out restrictions and limitations of the individual.
- Let the individual help as much as possible. Why?
- Keep them aligned with your body
- Allow them to maintain or improve capacity.

Preparing an Individual for a Move

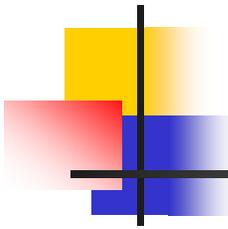
- Be sure to explain:
 - Why they are being moved
 - What you are going to do
 - How you are going to do it
 - How they can help
- Wash your hands before and after.
- Don't rush them in the movements.
- **BE CONFIDENT!**





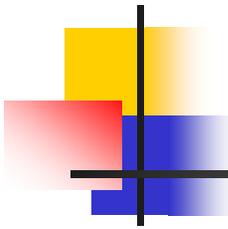
Positioning in a Chair

- The individual must be able to hold head/trunk upright.
- Some support may be needed.
 - Back and buttocks should be firmly against the back of chair.
 - Feet should be on footrests/floor.
 - Back of knees and lower legs should NOT touch the seat.
 - Support arm with pillow if necessary.



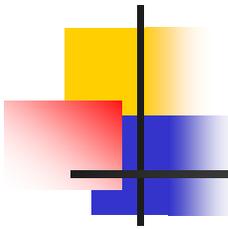
Lifting and Moving Techniques

- Locking Arms
- Moving an individual into a wheelchair with 2 staff
- Moving an individual into a wheelchair alone.



Locking Arms

- Shoulder should be next to the individual's shoulder but facing the opposite direction.
- Interlock arms by putting your arm between the individual's body and arm so that their armpit rests in the crook of your elbow.



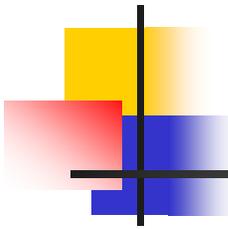
Locking Arms

- Use open palm to press their shoulder against you.
- Place the other hand behind their neck and shoulder.
- Ask them to press their palm on your shoulder as well.
- **TOGETHER**, pull upwards to a desired position.

Moving an individual into a wheelchair with 2 staff

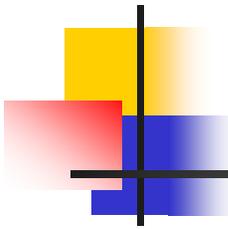


- Never attempt alone unless you are sure you can do it safely.
- Assist the individual to sitting up position using locking arm method. Do not turn the person.
- Place the wheelchair next to the bed so that the back is even with the individual's hips and facing the foot of the bed. **LOCK WHEELS!**



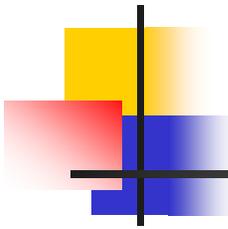
Moving with 2 Staff

- Stronger or taller staff should be behind the wheelchair.
- Staff member behind the wheelchair should place knee on the bed and arms under the armpits of the individual from behind and then grasp the individual's forearms.
- The other staff should face the bed and place one arm under the thigh and one under the calves. Palms should be face up.



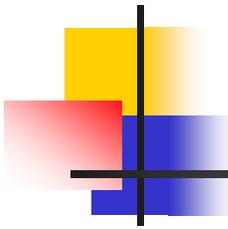
Moving with 2 Staff

- TOGETHER, staff should lift individual and place him/her into the chair.
- Position the individual in the chair.
- Replace the armrest on the wheelchair.
- Lower the footrests and place individual's feet on them.



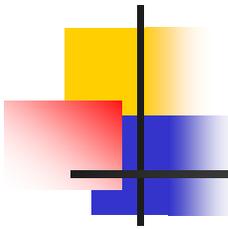
Moving an individual to a wheelchair by yourself

- Position the wheelchair next to the head of the bed with the back of the chair even with the headboard and the chair facing the foot of the bed with wheels locked.
- Start with the individual in a dangle position with feet touching floor.



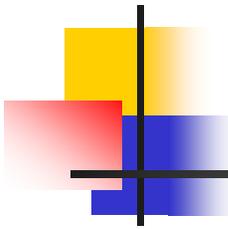
Moving by yourself

- Position yourself in front of and facing the individual.
- Place your hands under his/her armpits, grasping the shoulder blades.
- Have them lean forward as you pull upright. Remember to use your legs and not your back.



Moving by yourself

- Allow them to grab the far arm of the wheelchair.
- Lower the individual into the wheelchair by bending your knees.
- Position the individual with their back against the chair and feet on foot rests.



In conclusion...

We covered....

- Proper lifting techniques
- Preparing an individual for a move
- Lifting and moving techniques

All in all, just remember to be ask for help when needed and be patient.

