



# IN THE KNOW

*Developing Top-Notch CNA's, One Inservice at a Time*

## **A Client Safety Module: Performing Safe Transfers**

### **WILL YOU BE SIDELINED OR PLAY INJURED?**

#### **Inside This Inservice:**

Facts about your back	2
"No Lift" Policy	3
Understanding Body Mechanics	4-5
Know your mechanical lifts	6-7
Other handy transfer tools	8
Moving clients up in bed	9
Moving clients from bed	10
Final safe transfer tips	11

## **WHAT I KNOW!**

Take a minute to jot down a few things you already know about safe transfers before reading this inservice.

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When a professional athlete is injured during a game . . . he gets sidelined, but he still gets paid.

When a professional nursing assistant gets injured on the job . . . she often has to decide to go home without pay . . . or stay and work through the pain.

What would you do if you were injured today and could not work for several months?

How would you feed your family and pay your bills? How would you handle the chronic pain? Chronic pain often leads to feelings of depression and worthlessness. How would you handle the emotional stress?

- **According to the Bureau of Labor Statistics, nearly 80 percent of all injuries to nursing assistant are the result of lifting, pulling, pushing, holding, carrying, and turning clients.**

You use your body all day long to care for your clients. You go to work every day knowing there is a possibility of getting injured, losing work, and losing pay.

- **Every single day in the United States, 9000 healthcare workers sustain a disabling injury while performing work-related tasks.**

Can all these injuries be prevented? Fortunately, YES! There are a few simple things you can do to prevent a disabling injury.

#### **Keep reading to learn more about:**

- The "No Lift" workplace,
- Using proper body mechanics,
- Safe and appropriate use of mechanical lifts, and
- Making use of other handy transfer tools.

You don't have to be another statistic. Protect your body from injury by working smarter every day! Keep reading to learn how!



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