

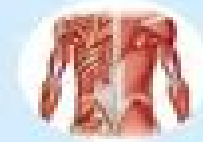
# TOP TIPS FOR SAFE LIFTING

## DO

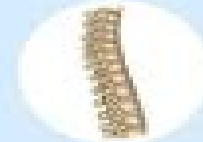
- Assess the load
- Position your feet shoulder-width apart
- Bend your knees and keep your back straight
- Lift with your legs
- Hold the object close to the centre of your body; engage your core muscles by pulling them inward and upwards on exhalation
- Grip with the palms of your hands



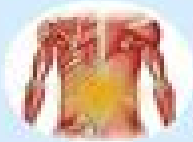
Healthy Back Muscles



Healthy Spine



Back Strain



Herniated Discs



## DON'T

- Don't lift it if it's too heavy
- Don't bend your back
- No twisting — feet, knees, and torso should point in the same direction
- Don't lift above your chest level
- Take extra care lifting awkward-shaped objects

# Manual Lifting Safety Guide

**Yijin Wang**



## **Manual Lifting Safety Guide:**

**The Illustrated Guide to Safe Patient Handling and Movement** Audrey L. Nelson, Kathleen Motacki, Nancy Menzel, 2009-03-27 Named a 2013 Doody's Core Title This is a good reference for the varied healthcare professionals who must move and transfer patients The book is clear and well written with illustrations to strengthen the narrative Doody's The evidence based methods suggested in these pages protect nurses from injury and ultimately improve patient care M Elaine Tagliareni EdD RN President National League for Nursing Ancillary materials include new DVD and Instructor's Guide Please note DVD contains digital videos only no audio track Qualified instructors may email textbook.springerpub.com to request instructor's guide As a nurse you are all too familiar with heavy lifting sustained awkward positioning excessive reaching and static posturing With this comprehensive volume Nelson Motacki and Menzel show you that there is another way Learn about the new techniques and technologies specifically designed to reduce caregiver and patient injuries The authors present the Evidence Based Safe Patient Handling Program a practical system of guidelines to be used in numerous clinical settings Each chapter explains how to apply the program to specific clinical settings such as medical and surgical critical care orthopaedics pediatrics labor and delivery rehabilitation settings the perioperative suite and nursing homes Implement the components of the program to multiple clinical settings Assessment Learn to evaluate the patient's body strength and about other conditions that affect the patient handling task Care Plan Outline the safest way to accomplish the required task based on the assessment Algorithms Learn the step by step problem solving procedures for carrying out patient handling activities safely Photos and videos illustrate the techniques The included DVD and photographs illustrate how to use the technology as well as how each task movement and position should be completed These tasks include Lateral transferring to and from beds using sliders Rescuing fallen patients off the floor with a floor based lift Bariatric patient lifting and dressing Transferring patients with lower limb amputations And many more

**Guide to Manual Materials Handling** A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person's capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives *Handbook of Standards and*

*Guidelines in Ergonomics and Human Factors* Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar      *Guide to Manual Materials Handling* A. Mital, 2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives      *Manual Handling* ,2015

*Handbook of Modern Hospital Safety* William Charney, 2009-07-28 It is ironic that those whose job it is to save lives often find themselves injured in the course of performing their duties In fact according to the Bureau of Labor Statistics healthcare workers have higher injury rates than agriculture workers miners and construction workers The Handbook of Modern Hospital Safety Second Edition covers expo      **Handbook of Standards and Guidelines in Human Factors and**

**Ergonomics** Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide market      *Manual Lifting* Daniela Colombini, Enrico Occhipinti, Enrique Alvarez-Casado, Thomas R. Waters, 2012-07-10 Commonly used throughout the world manual lifting tasks whether simple or complex all involve variable loads postures and movements This practical guide discusses how to analyze the intricate lifting function and prevent injury during its execution

Outlining revised NIOSH Lifting Equation RNLE methods the book illustrates their use in assessing manual lifting tasks of varying degrees of difficulty Using examples to reinforce presented concepts it explains how RNLE methods can be applied to evaluate single composite variable and sequential lifting tasks It also explores how to interpret and apply the results according to international standards and guidelines

**A Guide to Human Factors and Ergonomics, Second Edition**

Martin Helander,1997-11-30 This book focuses on the role of ergonomics in the manufacturing context and looks at a number of design issues anthropometry posture manual materials handling lighting noise warnings signals controls information processing workstation layout process layout shift work job satisfaction task analysis ergonomic assessment and enhancing manufacturability and maintainability Intended for engineers and students of engineering who design manufacturing systems and workstations this text is also invaluable to human factors ergonomics professionals who want to understand the manufacturing applications of ergonomics

*Guidelines for Protecting the Safety and Health of Health Care Workers*

National Institute for Occupational Safety and Health. Division of Standards Development and Technology Transfer,1988

**Handbook of Warnings** Michael S. Wogalter,2006-01-20 A technical discussion that includes theory research and

application this book describes warning design standards and guidelines aspects of law relevant to warnings such as government regulations case trial litigation and the role of expert testimony in these cases and international health medical and marketing issues Broken into thirteen

*Materials Handling Handbook* Raymond A. Kulweic,1991-01-16 Sponsored jointly by the American Society of Mechanical Engineers and International Material Management Society this single source reference is designed to meet today s need for updated technical information on planning installing and operating materials handling systems It not only classifies and describes the standard types of materials handling equipment but also analyzes the engineering specifications and compares the operating capabilities of each type Over one hundred professionals in various areas of materials handling present efficient methods procedures and systems that have significantly reduced both manufacturing and distribution costs

**Fundamentals of Medium/Heavy Duty Commercial Vehicle Systems** Gus

Wright,Owen C. Duffy,2019-07 Thoroughly updated and expanded Fundamentals of Medium Heavy Duty Commercial Vehicle Systems Second Edition offers comprehensive coverage of basic concepts building up to advanced instruction on the latest technology including distributed electronic control systems energy saving technologies and automated driver assistance systems Now organized by outcome based objectives to improve instructional clarity and adaptability and presented in a more readable format all content seamlessly aligns with the latest ASE Medium Heavy Truck Program requirements for MTST Back cover

*The Occupational Ergonomics Handbook* Waldemar Karwowski,William S. Marras,1998-12-18

Occupational ergonomics and safety studies the application of human behavior abilities limitations and other characteristics to the design testing and evaluation of tools machines systems tasks jobs and environments for productive safe comfortable and effective use Occupational Ergonomics Handbook provides current comprehensive knowledge in this broad field

providing essential state of the art information from nearly 150 international leaders of this discipline The text assesses the knowledge and expertise applied to industrial environments Providing engineering guidelines for redesigning tools machines and work layouts Evaluating the demands placed on workers by current jobs Simulating alternative work methods Determining the potential for reducing physical job demands based on the implementation of new methods Topics also include Fundamental ergonomic design principles at work Work related musculoskeletal injuries such as cumulative trauma to the upper extremity CTDs and low back disorders LBDs which affect several million workers each year with total costs exceeding 100 billion annually Current knowledge used for minimizing human suffering potential for occupational disability and related worker s compensation costs Working conditions under which musculoskeletal injuries might occur Engineering design measures for eliminating or reducing known job risk factors Optimal manufacturing processes regarding human perceptual and cognitive abilities as well as task reliability Identifying the worker population affected by adverse conditions Early medical and work intervention efforts Economics of an ergonomics maintenance program Ergonomics as an essential cost to doing business Ergonomics intervention includes design for manufacturability total quality management and work organization Occupational Ergonomics Handbook demonstrates how ergonomics serves as a vital component for the activities of the company and enables an advantageous cooperation between management and labor This new handbook serves a broad segment of industrial practitioners including industrial and manufacturing engineers managers plant supervisors and ergonomics professionals researchers and students from academia business and government human factors and safety specialists physical therapists cognitive and work psychologists sociologists and human computer communications specialists

**A Quick Guide to Health and Safety** R Gilbert, 2008-05-20 Health and safety issues now impose upon almost every part of business life The system of enforcement is managed and implemented in the UK by The Health and Safety Executive HSE but at times it can be difficult to know exactly which bits of this elaborate spider s web should be applied in a given instance and which are most important This Quick Guide puts the subject into context providing a rational overview and a valid starting point to applying health and safety in the workplace and offers a concise and readily accessible interpretation of what health and safety legislation means in practice Puts health and safety in to context Provides a rational overview and starting point to applying health and safety in the workplace Offers a concise interpretation of health and safety legislation in practice

**Guidelines for Safe Storage and Handling of Reactive Materials** CCPS (Center for Chemical Process Safety), 2010-09-09 With new and growing interest in dealing with the hazards of reactive chemicals this book offers guidelines that can significantly reduce the risk or mitigate the severity of accidents associated with storing and handling reactive materials Necessary elements of a reliable system to prevent equipment or human failures that might lead to a reactive chemical incident are sound and responsible management policies together with a combination of superior siting design fabrication erection inspection monitoring maintenance operations and maintenance of facilities These Guidelines

deal with all of these elements with emphasis on design considerations      *RIBA Health and Safety Guide* Dieter Bentley-Gockmann, 2023-12-01 To ensure chartered architects are reaching a high standard of health and safety knowledge and the life safety of building users the RIBA has introduced an online test based on a comprehensive curriculum to test for competency This guide is designed to improve industry understanding of issues in accordance with CDM Regulations and prepare architects for the health and safety test It provides practitioners with the required knowledge regarding site safety hazards and design risk management to discharge their professional services and legal duties competently and safely The 2nd edition features an update to the content relating to design risk management and statute to reflect the changes proposed by the Act and the Regulations as well as a review of the relationship between these and the existing regime under the CDM Regulations It includes a new chapter that sets out some of the detail of duties under the Act and the Regulations including practical examples of how designer architects might discharge their duties as designers and lead designers considering how it compares to existing duties under the CDM Regulations      *Federal Register Index* ,1986      Federal Register ,1986

**Federal Register, ... Annual Index** ,1985

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