
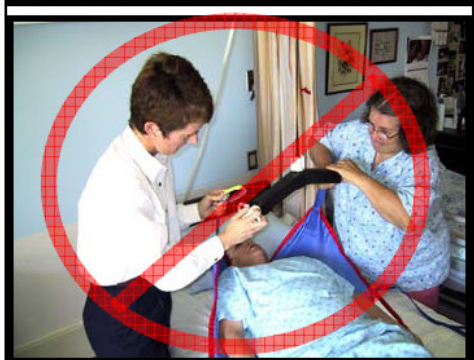

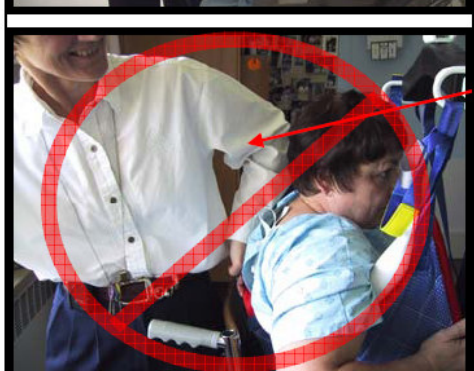


Mechanical Lift Transfers

High Risk Methods Associated with Mechanical Lift Transfers

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| <p>Physical lifting of a resident from a lying to a sitting position to apply a sling</p> |  | <ul style="list-style-type: none"> • Potential strain to employee's shoulder, upper and lower back muscles • Potential injury to resident's shoulder <p>Recommend: Roll resident onto sling</p> |
| <p>Chicken Lift method – ouch!!!!</p> <p>Physical lifting of a resident to attach a sling straps to carry bar prongs</p> |  | <ul style="list-style-type: none"> • Potential strain to shoulder and upper back muscles <p>Recommend: Lower carry bar or raise head of bed</p> |
| <p>Holding up the resident's leg with one hand when positioning the sling under it with the other hand</p> |  | <ul style="list-style-type: none"> • Potential strain to low back and shoulder muscles <p>Recommend: Support weight of thigh first to allow both hands free to position sling</p> |
| <p>Pulling up on back of sling to end position a resident in a chair</p> |  | <ul style="list-style-type: none"> • Potential for shoulder and upper back strain <p>Recommend Options:</p> <ul style="list-style-type: none"> • Position chair • Use both side handles • Apply pressure to front of resident's knees |