

# think ergonomically

Consider all the tasks you do every day and ask yourself these questions:

## Do I have the proper training?

Training can have a direct impact on your well-being because proper techniques are designed to put less stress on your body.

## What does the patient's health care plan/assessment require?

If a patient's plan or assessment requires more than one person for a task, there's a reason. It's not just for the health and comfort of the patient, it's because it's better for your health as well.

## Do I have the right equipment to do the task properly?

Even something as simple as using a transfer or gait belt when moving a patient from a wheelchair is important because the equipment is designed to help you do your job better and easier.

## Am I bending my knees & hips when I lift?

Bending at the waist and lifting with your lower back significantly increases your risk for injury. Reminding yourself of the proper way to lift can help you prevent injury.

## If I sit at a computer workstation, is it properly set up?

Having a properly adjusted chair that offers solid support to your arms and back, a keyboard and mouse close to you and a monitor that's the proper height and distance away all add up to a workstation that's better for your back and body.



**SAFE**  
HEALTH CARE

**S** SPOT THE HAZARD  
**A** ASSESS THE RISK  
**F** FIND A SAFER WAY  
**E** EVERYDAY

BY health care Workers  
FOR health care Workers

SAFE Health Care is an injury prevention strategy designed BY health care workers FOR health care workers... because no one understands the unique challenges, potential hazards and procedures better than the people who do the job every day.

SAFE Health Care is rooted in four key principles that work together to help reduce the risk of injury:

### Commitment

Making real change requires real commitment from every member of the health care team.

### Accountability

Knowing what is expected of each member of the health care team in terms of safety helps keep everyone safe.

### Responsibility

Workplace safety is everyone's responsibility ... which is why everyone needs to work together to make the workplace a safer one. There are a number of ways to help make the workplace safer for everyone.

### SAFE Plan of Action

Health care workers work with a wide variety of potential hazards. Actively following the SAFE plan will help to prevent problems from occurring.

## A SAFE Health Care Introduction to Injury Prevention



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View and download injury prevention resources at  
[www.safemanitoba.com/safe\\_healthcare](http://www.safemanitoba.com/safe_healthcare)



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## Information = injury prevention

The more you know, the more you can prevent sprains, strains, and other potential injuries experienced by health care workers.

The SAFE Health Care section of [www.safemanitoba.com](http://www.safemanitoba.com) has downloadable posters and brochures as well as online instructional videos to help you identify hazards and minimize risks related to common health care tasks. They're available to you any time, any day – for free.

Just visit [www.safemanitoba.com](http://www.safemanitoba.com) and click on the SAFE Health Care link - and keep checking back. Because just as health care keeps changing, so does injury prevention information.

## Health care workers need to stay healthy too

Here's a startling fact: time-loss injuries in health care are rising. Like in many other industries, many of these are musculoskeletal injuries or sprains, strains and tears.

Whether you work in an acute, long-term or community care facility, you need to be aware of how patient transfers and repositioning, using medical equipment, handling materials, workstation design and other everyday tasks can put stress on your body.

Most importantly, you need to be aware of how to prevent sprains and strains... and SAFE Health Care is here to help.

## The most important safety tip: ask questions

If there's something you don't know, ask someone. It's not just for your patient's health – it's for your health as well.

Safety in health care is everyone's responsibility. Working together is what makes health care work. You've got access to an entire health care team, from your employer and fellow workers to other professionals in the sector and online resources at [www.safemanitoba.com/safe\\_healthcare](http://www.safemanitoba.com/safe_healthcare).

It's easy, it's an important step in injury prevention.

**View and download your injury prevention resources at [www.safemanitoba.com](http://www.safemanitoba.com)**