In this field your number one concern should be safety. Your safety and your consumer’s safety. When lifting and transferring your consumer you should **ALWAYS** follow proper body mechanics to ensure the safety of both you and the consumer.

Research over the last 35 years reveals that even the best training efforts alone have failed to reduce injuries.

The most common cause of injury in the home health filed is the caregiver’s tendency to exceed one’s own safe lifting capacity when lifting a consumer.

Knowing the proper body mechanics rules and knowing your body’s limits will ensure everyone stays safe. The next page will give you the 8 body mechanics rules.

Remember, if you ever have any questions or concerns when lifting or transferring your consumer please contact your coordinator for assistance and further training.
August 2019 Topic:

The 8 Rules of Body Mechanics

- Maintain a broad base of support
- Bend at the knees to get close to the person
- Use your strongest muscles in your arms, torso and legs to assist in lifting, DO NOT use your back
- Use your body weight to help push or pull
- Keep the person close to you when transferring them
- Avoid twisting your body
- Avoid bending for extended periods of time
- Use assistive devices, such as a hoyer lift or gait belt, or get additional help if the person is too heavy to move on your own