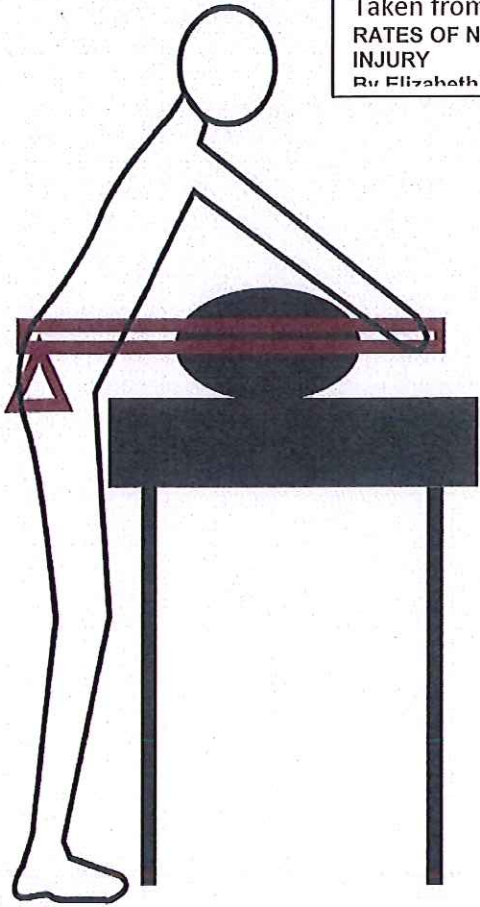


Did you know...?

Taken from: THE ELEPHANT IN THE ROOM: HUGE RATES OF NURSING AND HEALTHCARE WORKER INJURY
By Elizabeth White, RN



Lifting involves the same physical forces generated by a lever and fulcrum. The lower back becomes the fulcrum. The stress on the back is multiplied many times when bending and lifting patients, such as during a turn.

If a 150 lb. caregiver turns a patient from side to side, the reach is between 34 and 36 inches. This caregiver will create the following stress on the lower back:

"Little" 100 lb. person: **1002 lbs.**

Average 150 lb. person: **1314 lbs.**

200 lb. person: **1695 lbs.**

250 lb. person: **2024 lbs.**

Use your head...not your back!

Elevate the bed...save your back!

Take an extra moment to use your SPH equipment...YOU are worth it!

Remember: There is NO SAFE way to manually lift or transfer a patient!

For more information contact your Unit Peer Leader or Safe Patient Handling Program Coordinator