

	<h1>N.C. Nurse Aide I Curriculum</h1>
	<h2>MODULE I</h2> <h3>Body Mechanics</h3>
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	<h2>Objectives</h2>
	<ul style="list-style-type: none"><li>■ Describe principles of body mechanics that help prevent injury.</li><li>■ Identify measures to safely assist a falling person to the floor.</li><li>■ Describe correct positioning of residents.</li></ul>
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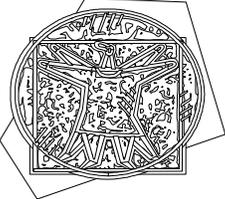
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	<h2>Body Mechanics</h2>
	<p>Efficient and safe use of body by the coordination of:</p>  <p>body alignment, balance and movement</p>
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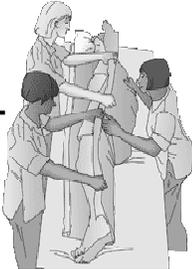
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## Body Mechanics

Due to nature of their duties, nurse aides are subject to back and other injuries, so.....

**PRACTICING CORRECT BODY MECHANICS IS VERY IMPORTANT**



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## Body Mechanics

- Maximizes strength, minimizes fatigue
- Nurse aides lift, move, and carry
- ↓ costs
- ↓ employee absences
- ↓ liability for facility



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## Body Mechanics ABC's

**A**

**Alignment**

**B**

**Base of Support**

**C**

**Coordination**

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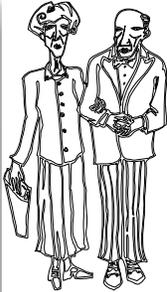
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## Alignment



- Posture
- How the head, trunk, arms and legs line up with one another when back is straight

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## Alignment

When you stand up straight...

Correct body alignment allows the body to move and function efficiently and with strength



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## Alignment

Maintain correct body alignment when lifting/carrying an object



- Keep object close to the body
- Point feet and body in direction you are moving
- Do not twist at waist



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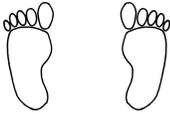
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## Base of Support

- Foundation that supports an object
- Good base of support needed for balance
- Wide base of support more stable than narrow

For a person, what is the base of support?



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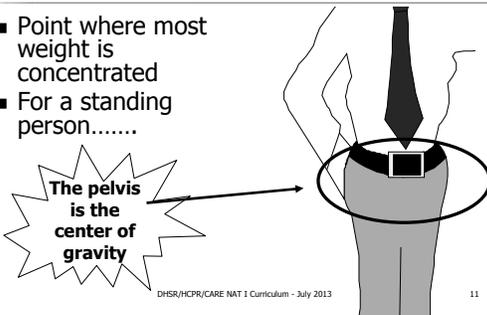
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## Center of Gravity

- Point where most weight is concentrated
- For a standing person.....

The pelvis  
is the  
center of  
gravity



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By bending knees to lift an object, instead of at the waist,



The  
right  
way

The  
wrong  
way



- Center of gravity lowered
- Stability increases
- Less likely to strain muscles

## Center of Gravity

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### Body Mechanics: Points to Remember When Lifting

- When given a choice push or pull, rather than lift
- Use large muscles of arms and thighs
- Move in a smooth motion. Do not jerk the object.
- Face object or person
- Use **both** arms and hands

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### Body Mechanics: Points to Remember



**RAISE**

bed to about waist height when changing linen

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**What if.....?**

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# You Need to Lift an Object

- Bend hips/knees and get close to object
  - Face object
- Grip object firmly with both hands
  - Move smoothly and not jerky
- Lift by pushing up with strong leg muscles
  - Use wide base of support
  - Get help when needed

F  
R  
O  
M

*The Floor*

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# You Need to Lift an Object



From The Floor

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**HELP!!! I am about to fall!**

- \* Control the direction of the fall by easing the resident to the floor
- \* Keep resident still until nurse can check for injuries

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE IT CAN HURT YOU AND THE RESIDENT**

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE YOU MAY LOSE YOUR BALANCE AND FALL**

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## Positioning the Resident



A resident must be positioned and correctly aligned at all times

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**Correct  
Alignment  
in Bed**



**Regular  
Position  
Changes**



- **Comfort and circulation**
- **Easier breathing**
- **Prevention of pressure ulcers and contractures**

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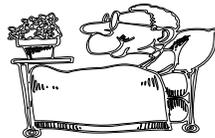
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## Positioning the Resident – Nurse Aide’s Role

- Reposition at least every 2 hours
- Use good body mechanics
- Ask a co-worker for assistance as needed
- Use pillows
- Understand correct placement of positions



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## Supine Position



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## Prone Position



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## Fowler's Position



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## High Fowler's Position



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## Lateral Position



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## Sims Position



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	<p style="text-align: center;"><b>The End</b></p> <p style="text-align: center;"><small>DHSR/HCPR/CARE NAT 1 Curriculum - July 2013</small></p> <p style="text-align: right;"><small>28</small></p>

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