

N.C. Nurse Aide I Curriculum

MODULE I

Body Mechanics

Objectives

- Describe principles of body mechanics that help prevent injury.
- Identify measures to safely assist a falling person to the floor.
- Describe correct positioning of residents.

Body Mechanics

Efficient and safe
use of body by the
coordination of:

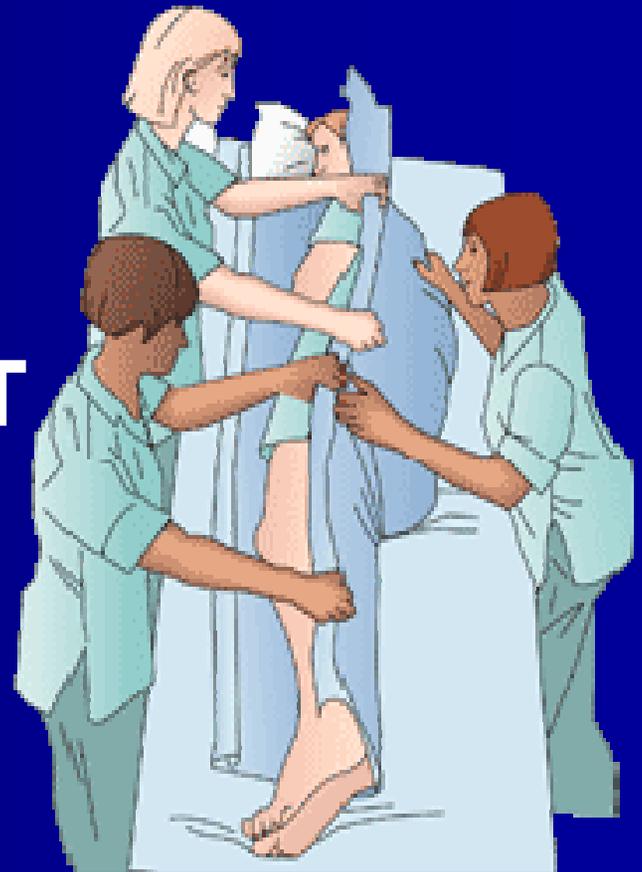


body alignment, balance and movement

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**

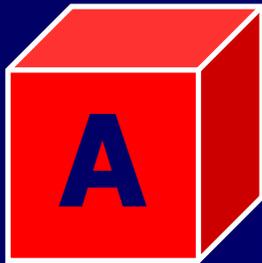


Body Mechanics

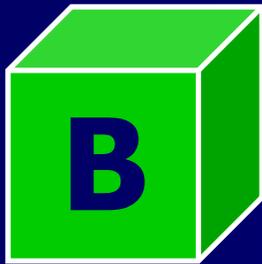
- Maximizes strength, minimizes fatigue
- Nurse aides lift, move, and carry
- ↓ costs
- ↓ employee absences
- ↓ liability for facility



Body Mechanics **ABC's**



Alignment



Base of Support



Coordination

Alignment



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

Alignment

When you stand up straight...

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



Alignment

Maintain correct body alignment when lifting/
carrying an object



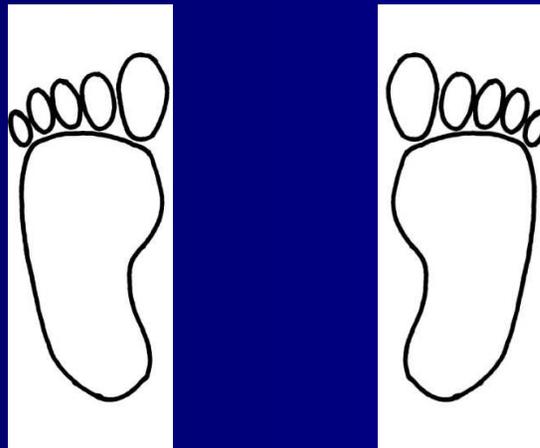
- Keep object close to the body
- Point feet and body in direction you are moving
- Do not twist at waist



Base of Support

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

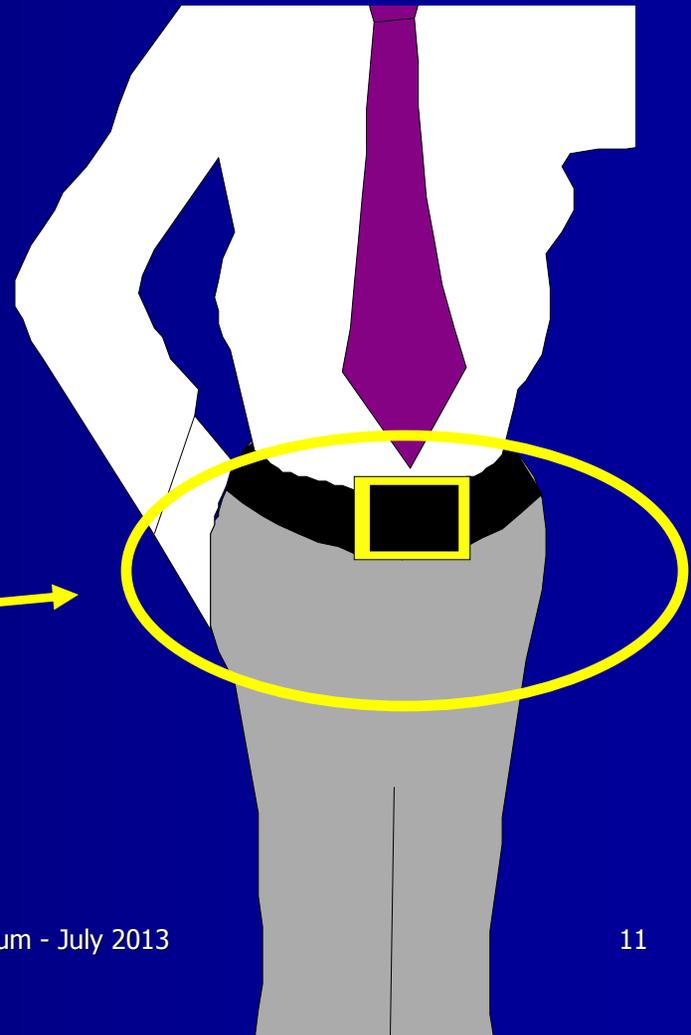
For a person, what is the base of support?



Center of Gravity

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

**The pelvis
is the
center of
gravity**



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**

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

Body Mechanics: Points to Remember



RAISE

bed to about waist height when changing linen

What if.....?

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

You Need to Lift an Object



From The Floor



**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**

Positioning the Resident



A resident must be positioned and correctly aligned at all times

**Correct
Alignment
in Bed**



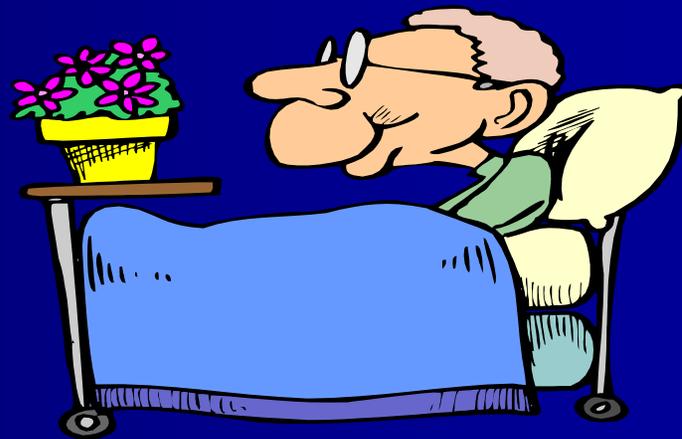
**Regular
Position
Changes**



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

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



Supine Position



Prone Position



Fowler's Position



High Fowler's Position



Lateral Position



Sims Position



The End