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

PRACTICING CORRECT BODY MECHANICS IS VERY IMPORTANT

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

Body Mechanics ABC’s
A  Alignment
B  Base of Support
C  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

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

- 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
- NO!!!!!!
- MUCH BETTER!

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

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

![Supine Position Image]

### Prone Position

![Prone Position Image]

### Fowler’s Position

![Fowler’s Position Image]
The End