

Measures for Protecting Patients and Staff During Handling

1. Use of Assistive Devices: Employ mechanical lifts, transfer belts, slide sheets, and other assistive devices to facilitate safe patient transfers and minimize physical exertion.
- Providing Training: Regularly participate in training sessions on safe handling techniques, including the use of equipment and proper lifting methods, to enhance skills and awareness.
- Proper Body Mechanics: Use correct lifting techniques to reduce strain on the body, such as bending at the knees and keeping the back straight, to prevent injuries to both staff and patients.
- Clear Communication: Communicate clearly with the patient and other staff members during transfers or movements to ensure everyone is aware of the procedure and ready to assist.
- Assessing Patient Mobility: Evaluate each patient's mobility level before handling.

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