

Adapted from the Ohio Bureau of Workers' Compensation [Ergonomics Best Practices for Extended-Care Facilities](#)

Situation	Reasons for concern	Interventions/Best Practice	Results (° per 200,000 hours worked)
Lifting patients in health-care settings	<ul style="list-style-type: none"> <li>• High stress on the spine</li> <li>• High risk of back injuries</li> </ul>	Powered patient-lifting devices <ul style="list-style-type: none"> <li>• Lift from laying to standing</li> <li>• Lift from Seating to standing position</li> </ul>	Reduced musculoskeletal disorders (MSDs) <ul style="list-style-type: none"> <li>• Incident rate° from 21.3 to 11.9</li> <li>• Days lost from 127.2 days° to 79.0</li> <li>• Restricted 96.6 days° to 87.0</li> <li>• Turnover rate° 98.5 to 74.1</li> <li>• Average risk factor score 70 to 30.5</li> </ul>
		Patient-lifting device as a sling	Reduced MSDs <ul style="list-style-type: none"> <li>• Restricted 81.3 days° to 77.2 days°</li> <li>• Turnover rate° 159.7 to 155.2</li> <li>• Average risk factor score 36 to 21</li> </ul>
		Gait belts (transfer belts) <ul style="list-style-type: none"> <li>• when mechanical means are not available (improves coupling during lift)</li> </ul>	Reduced MSDs <ul style="list-style-type: none"> <li>• Average risk factor score 32 to 19</li> </ul>
Transferring a patient from one surface to another	<ul style="list-style-type: none"> <li>• Exposure to friction forces</li> </ul>	Sliding Board	Reduces friction forces and incidence of tissue damage
Repositioning residents in chairs	<ul style="list-style-type: none"> <li>• Exposed to awkward postures and stress on the spine</li> </ul>	Resident chair design	Reduced MSDs <ul style="list-style-type: none"> <li>• Incident rate° from 7.2 to 0</li> <li>• Days lost from 14.4 days° to 0</li> <li>• Restricted 35.5 days° to 0</li> <li>• Turnover rate° 168 to 68.9</li> <li>• Average risk factor score 56 to 7</li> </ul>
Transferring resident to bathroom (e.g. moved patient that no longer need to use the restroom)	<ul style="list-style-type: none"> <li>• Risk of back injury</li> </ul>	Bladder Scanner	Reduced MSDs <ul style="list-style-type: none"> <li>• Average risk factor score 39 to 5</li> </ul>

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Providing patient care when a patient sleeps in beds lower to the ground to minimize injury if they fall out of the bed	<ul style="list-style-type: none"> <li>• Stress on the hands, wrists, elbows and shoulders</li> <li>• Risk of low back pain</li> </ul>	High-low beds <ul style="list-style-type: none"> <li>• electric motor to raise and lower bed</li> </ul>	Reduced MSDs <ul style="list-style-type: none"> <li>• Incident rate° from 21.1 to 15.0</li> <li>• Days lost from 72.7 days° to 20.1 days°</li> <li>• Restricted 53.1 days° to 36.7</li> <li>• Turnover rate° 71.9 to 65.2</li> <li>• Average risk factor score 31.6 to 21.4</li> </ul>
Transferring residents to/from the tub	<ul style="list-style-type: none"> <li>• Stress on the spine</li> <li>• Risk of back pain</li> </ul>	Bathing system	Reduced MSDs <ul style="list-style-type: none"> <li>• Incident rate° from 39.3 to 0</li> <li>• Restricted 368 days° to 0</li> <li>• Turnover rate° 185 to 0</li> <li>• Average risk factor score 31.6 to 21.4</li> </ul>
Weighing a resident	<ul style="list-style-type: none"> <li>• Awkward postures and stress on the shoulders and back</li> </ul>	Wheelchair scale	Reduced MSDs <ul style="list-style-type: none"> <li>• Average risk factor score 16.5 to 0</li> </ul>
Pulling laundry from bins	<ul style="list-style-type: none"> <li>• Extreme trunk flexion and heavy lifting</li> <li>• Risk of back pain</li> </ul>	Spring-loaded bottoms Retrofit existing bins	Reduced MSDs <ul style="list-style-type: none"> <li>• Average risk factor score 34.7 to 24</li> </ul>