



**Safety**

# Body Mechanics

## BODY MECHANICS:

Is the way in which the body moves and maintains balance with the most efficient use of all its parts

Goal is to decrease injuries to employees

Teaches proper techniques for lifting, bending and moving

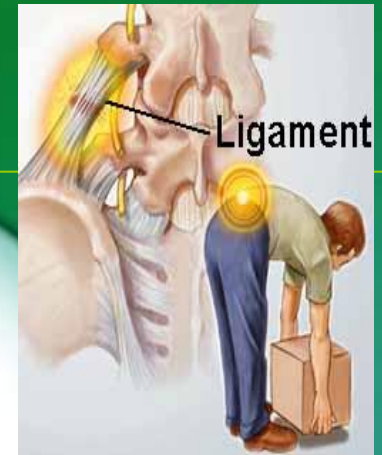
## Four Reasons to Use:

- Muscles work better when used correctly
- Correct muscle used means easier lifting, pulling and pushing
- Prevents strain and fatigue and saves energy
- Prevents injuries to self and others

# Correct Body Mechanics

Eight Basic Rules of Body Mechanics:

1. Bend from the hips and knees when lifting an object from the floor
2. Maintain a broad base of support  
feet 8 -10 inches apart  
one foot slightly forward  
balance weight on both feet,  
pointing toes in direction of movement
3. Use the strongest muscles to do the job
4. Use the weight of your body to push or pull



- 5.) Carry Heavy objects close to your body
  - 6) Avoid twisting your body
  - 7) Avoid bending for long periods of time
  - 8) If pt or object is too heavy...Get help!!
- 
- Back supports may be required by some Facilities make sure it is the right size and is worn properly.

# ERGONOMICS

- Applied Science used to promote safety and well being of people by adapting the environment and using techniques to prevent injuries.

Includes:

1. Correct placement of furniture and equipment
2. Training in required muscle movements
3. Efforts to avoid repetitive motions
4. An awareness of the environment to prevent injuries.

The prevention of accidents and injury centers  
Around people and their immediate  
environment

**Ergonomics uses anatomy, physiology and psychology to design and make products.**

They target users and often design products for people with limitations.

Ergonomics supports body mechanics in that they are taken into consideration when products are designed.

Every healthcare worker must be conscious personal and patient safety and must exercise care in handling equipment and solutions

They also must accept responsibility for using good judgment in any situations, asking questions when unsure and following policies and procedures to create a safe environment

It is a legal responsibility to protect the patient from harm or injury.

# **PREVENTING ACCIDENTS AND INJURIES**

IN THE CLASSROOM LABORATORY  
AND IN EMERGENCY  
SITUATIONS

# Patient/Resident Safety:

- **\*always have authorization before performing a procedure on a patient**
- **\*make sure you have the correct patient**
- **\*follow instructions during procedures, ask questions if you don't know**
- **\*read/follow policy and procedure**
- **\*never perform something on a patient that they refuse**
- **\*observe pt. Carefully-report any abnormal findings**
- **\*always explain what you are doing to a patient first**
- **\*Before leaving a patient: ALWAYS CHECK IF...**
  - **call light is in reach, and is working**
  - **bed is low with appropriate side rails raised**
  - **phone is in reach or other items they may need**
  - **they are comfortable or need positioning.**



# Importance of Safety in the Healthcare Setting:

- 1) Ensures Patient safety
- 2) Ensures Employee safety
- 3) Protects employees from physical and health hazards in the work place
- 4) Ensures better health for all concerned

# Safety in the Classroom

- 1) Equipment use:
  - \*check all cords, wires and prongs
  - \*don't use until educated
  - \*don't use when instructor is absent
  - \*report any damage seen
- 2) Solutions:
  - \*never use if not labeled
  - \*be aware of danger signs....poison labels/precautions
  - \*never mix solutions unless instructor says to
  - \*wipe up any spills immediately and put out warning signs if large spill to prevent injury. (Use gloves if harmful)
  - \*keep obstacles out of the way...to prevent falls

- **3) Reception Room:**

- \*make sure all equipment or furniture works properly

- \*have adequate lighting

- \*WRINKLE FREE CARPETS. (decorative rugs can be a hazardous)

- **4) Business Office:**

- \*same except, make sure file cabinets are not left out to prevent injury

- \*keep electrical cords, phone cords out of the way

- **5) Exam Room:**

- \*assist very ill, young or old people

- \*never leave these patients alone on an exam table.

**\*make sure all hazardous equipment or items that can be contaminated are not left alone with patient, and that it is out of reach.**

**\*prescription pads are not to be left in patient rooms**

**• 6) Medical Laboratory:**

**\*all chemicals labeled and stored**

**\*all expiration dates are current**

**\*USE BIOHAZARD BAGS/CONTAINERS**

**\*to properly dispose of contaminated items...(needles, linens, dressings)**

# PERSONAL SAFETY

Always use correct body mechanics

- report any injury or incidents to your supervisor
- wash hands between patients, procedures, breaks
- wear safety equipment when in contact with body fluids
- never recap a needle

# SAFETY LABELS



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**USE STANDARD PRECAUTIONS FOR THE CARE OF ALL PATIENTS**

STANDARD PRECAUTIONS APPLY TO: BLOOD • NON-INTACT SKIN • MUCOUS MEMBRANES • ALL BODY FLUIDS, SECRETIONS AND EXCRETIONS EXCEPT SWEAT.

<b>WASH HANDS</b> Wash hands promptly and thoroughly between patient contact and other contact with body fluids or soiled equipment.	<b>WEAR GLOVES</b> Wear gloves when handling Blood, Body Fluids, Non-intact Skin or Soiled Items. Change gloves between patients. Wash hands after removing gloves.	<b>WEAR MASK</b> Wear mask and eye protection or face shield, to protect mucous membranes of the eyes, nose and mouth when likely to be splashed.	<b>WEAR GOWN</b> Wear a gown to protect skin and prevent soiling of clothing when likely to be splashed or soiled. Wash hands after removing gown.	<b>SHARPS DISPOSAL</b> Dispose of needles, syringes and other sharps in a designated disposal container. Do not recap or bend needles.

**FOLLOW ESTABLISHED POLICIES AND PROCEDURES FOR PATIENT PLACEMENT, ENVIRONMENTAL CONTROLS, PATIENT-CARE EQUIPMENT, AND LINEN**



# PPE's: Personal Protection Devices

- Barriers that are used when an employee will come in contact with body fluids:
- Gloves: any contact with pt during procedures
- Goggles: splashing, droplet's
- Gowns: splashing, droplets, blood
- Masks: respiratory protection, splashing
- Paper hats/Shoes: Use in surgery

# EMERGENCY CODES:

- Are used to alert staff /employees of danger and a need for response
- Examples:
- Fire
- Inclement weather
- Tornado
- Pt out of Control
- Hurricane
- Cardiac Arrest
- Bomb Threat
- Intruder/Kidnapping
- Sniper



# Examples:

- Numbers can be used:
- 10: bomb
- 99: cardiac arrest
- 18 medical emergency
- Names can be used:
- Adam: child missing/kidnapped
- Preemie: Neonatal cardiac arrest
- Delta: Internal/External Disaster

## Letters or Signals:

T: train casualty    F: Fire    D:Disaster

## Sometimes Colors are used:

Code Blue: Cardiac Arrest(Code)

Code Red: Fire

Code Yellow: Bomb

Code Pink: Infant/Child abduction

Code Green: Evacuation

Codes are different in each hospital. It is necessary to learn the codes in your work place .

Disaster plans for each code have been written and are located in a disaster policy manual in your work area.

All employees must know their role in a disaster should one occur.

# Disaster Plans

- Tell you: who to call
- where to be
- what your to be doing
- who is in charge (who you answer to)
- how to handle patient
- how to handle situation
- what to do at end of situation

# Hazardous Spills

- Hazardous/toxic substances that are defined as those chemicals present in the work place which are capable of causing harm.
- Dusts
- mixtures
- paints, fuels and solvents

# OSHA

## Occupational and Safety and Health Administration

- OSHA is responsible for making and maintaining safety standards in the work place.
- Currently regulates 400 substances..All these substances are required to have a MSDS sheet. There are 100,000 MSDS sheets out their for different substances

# Hazard Communication

- The focus is to ensure that employees and employers know about work hazards and how to protect themselves; reducing the incidence of injuries.
- OSHA's communication standard makes sure that all manufacturers of hazardous materials have MSDS sheets for them
- MSDS: Material Safety Data Sheet
  - What is in substance
  - How it is harmful
  - Prevention/Treatment
  - \*\*this information prevents accidents

# Hazard Determination

- Standard requires a list of hazardous chemicals in the workplace as part of hazard communication plan. An inventory list of everything that has an MSDS label
  - Written HAZCOM Program:  
in all facilities that have exposure to hazardous materials, a written plan must be established
- Employee Training: All employees are to be trained prior to exposure to hazardous materials and any changes that have occurred.

# HAZARDOUS PLAN

- Includes:
- list of all chemicals
- Who is responsible for different aspects of program
- Written materials about chemicals readily available
- Charge person
- Chemical Response
- Radiation Response
- Clean up/OSHA may need to assist



# HAZMAT Response:

- Call for a major spill..too large to clean up, and must have outside help to contain, and clean.
- Be aware of National Response Center
- \*\*Who do you call for your facility!