Adapted from the Ohio Bureau of Workers' Compensation *Ergonomics Best Practices for Extended-Care Facilities*

<table>
<thead>
<tr>
<th>Situation</th>
<th>Reasons for concern</th>
<th>Interventions/Best Practice</th>
<th>Results (° per 200,000 hours worked)</th>
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| Lifting patients in health-care settings | • High stress on the spine  
• High risk of back injuries | Powered patient-lifting devices  
• Lift from laying to standing  
• Lift from Seating to standing position | Reduced musculoskeletal disorders (MSDs)  
• Incident rate° from 21.3 to 11.9  
• Days lost from 127.2 days° to 79.0  
• Restricted 96.6 days° to 87.0  
• Turnover rate° 98.5 to 74.1  
• Average risk factor score 70 to 30.5 |
| Patient-lifting device as a sling |                                                                 |                                                  | Reduced MSDs  
• Restricted 81.3 days° to 77.2 days°  
• Turnover rate° 159.7 to 155.2  
• Average risk factor score 36 to 21 |
| Gait belts (transfer belts)      | • when mechanical means are not available (improves coupling during lift) |                                                  | Reduced MSDs  
• Average risk factor score 32 to 19 |
| Transferring a patient from one surface to another | • Exposure to fiction forces | Sliding Board | Reduces friction forces and incidence of tissue damage |
| Repositioning residents in chairs | • Exposed to awkward postures and stress on the spine | Resident chair design | Reduced MSDs  
• Incident rate° from 7.2 to 0  
• Days lost from 14.4 days° to 0  
• Restricted 35.5 days° to 0  
• Turnover rate° 168 to 68.9  
• Average risk factor score 56 to 7 |
| Transferring resident to bathroom (e.g. moved patient that no longer need to use the restroom) | • Risk of back injury | Bladder Scanner | Reduced MSDs  
• Average risk factor score 39 to 5 |
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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 | • Stress on the hands, wrists, elbows and shoulders  
• Risk of low back pain                                                  | High-low beds  
• electric motor to raise and lower bed                           | Reduced MSDs  
• Incident rate° from 21.1 to 15.0  
• Days lost from 72.7 days° to 20.1 days°  
• Restricted 53.1 days° to 36.7  
• Turnover rate° from 71.9 to 65.2  
• Average risk factor score 31.6 to 21.4                                 |
| Transferring residents to/from the tub                                  | • Stress on the spine  
• Risk of back pain                                                        | Bathing system                                                  | Reduced MSDs  
• Incident rate° from 39.3 to 0  
• Restricted 368 days° to 0  
• Turnover rate° from 185 to 0  
• Average risk factor score 31.6 to 21.4                                 |
| Weighing a resident                                                     | • Awkward postures and stress on the shoulders and back                           | Wheelchair scale                                               | Reduced MSDs  
• Average risk factor score 16.5 to 0                                                                 |
| Pulling laundry from bins                                               | • Extreme trunk flexion and heavy lifting  
• Risk of back pain                                                        | Spring-loaded bottoms  
Retrofit existing bins                                                 | Reduced MSDs  
• Average risk factor score 34.7 to 24                                                                 |