

I. Ergonomics for Caregivers

Back injuries are the most common occupational hazard for home care staff.

The Golden Rules of Lifting

- **Wide Base:** Keep feet shoulder-width apart.
- **Knees, Not Waist:** Never bend at the waist; always use your legs.
- **Close to the Body:** Keep the weight as close to your center as possible.

II. Safe Transfers

- **Lock the Wheels:** Always ensure wheelchairs and beds are locked before a transfer.
- **Pivot, Don't Twist:** Move your feet to turn the client. Never twist your spine.
- **Assess First:** Check if the client is dizzy or weak before starting.

If a client starts to fall, do not try to stop them. Guiding them slowly to the floor is the only way to prevent injury to both of you.