Practices to Avoid

- Manual lifting of residents
- Hook-under-arm assistance
- Transferring without a gait belt or assistive device

The following are some at-risk practices that should be avoided:

- Under normal circumstances, a resident should not be manually lifted.
- Poor body mechanics:
  - Bending at the waist
  - Reaching
  - Twisting motions
- Transferring or ambulating a resident without a gait belt.
- Holding a resident’s waistband while ambulating.
- Transferring a resident by holding on under their arm (“hook and toss”).
- Operating a mechanical lift without a second person.
- Continuing an unsafe transfer. For example: You recognize a resident/patient is weaker that day and their normal gait belt transfer should be changed to a sit-to-stand or mechanical lift, but you continue with gait belt.
- Providing care to a resident in bed without adjusting the bed to the appropriate height. Raise the bed each and every time you assist the resident in their bed and remember to lower it when finished.
- Add in and review “at-risk practices” with staff that you have observed in your facility.

Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk; nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.

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