

# Ergonomics

## Recommendations for Preventing and Reducing Sprains and Strains



- **Store items off the floor**
  - Lifting from the floor doubles your risk of back injury compared to lifting at waist level.
- **Grip, don't pinch**
  - Gripping with the whole hand uses stronger muscles than pinching with your fingers. This means less strain on your hands and fingers.
- **Change it up**
  - Moving the same way over and over for a long time can lead to fatigue, mistakes, and injury. Reduce how often and how long risky tasks are done.
- **Roll it**
  - Use Hoyer lifts, wheelchairs, etc., instead of carrying residents.
  - Use carts or hand trucks for moving heavy objects.
- **Work at waist height**
  - Too much bending, kneeling, and squatting puts strain on your back, knees, and hips.



## L&I Recommends No More Than 35 Pounds of Lift Effort (when the resident is close and around hip level)

Compare the effort you need to lift or transfer a 35-pound box or sack from a chair or bed to the effort needed to lift or transfer a person.

*Manually lifting someone from the floor should be avoided, if possible, unless the resident can help get themselves up. Otherwise, use proper lifting equipment.*

