

Safety First

Presented by: DON Services

APRIL 2021

SAFETY COMMITTEE:

- Neal Jones
- Justin Mastrantuoni
- Chris Little
- Tinna Miller
- Phillip Webster
- Danielle Marsh
- Patrick McGuire
- Bridget Krebs
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- Walt Heaney
- Jillian Hibler
- Rhonda Pager
- Kenny Rice
- April Caldwell
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- Kevin Hue

How to Transfer A Person Safely

What do I need to know about safe transfers?

A transfer means moving a person from one place to another. A bedridden person may be independent (needing minimal help) or totally dependent. The person may be able to do rehabilitation exercises by moving to a chair. A transfer can also take pressure off the skin and keep blood flowing. The person's risk for bedsores and blood clots is lower if he or she moves often. Safe transfer techniques can help protect the person and you from injury and falls.

If you have any safety questions or concerns:

- Contact your Coordinator immediately with any questions or concerns:

New Castle Office: **724-652-5144**

Donora Office: **724-856-4978**

Penn Hills Office: **724-856-4211**

Greensburg Office: **724-936-3900**

You can reach out to the Safety Committee directly at:
donsafety@donservices.org

Interim Chair of the Safety Committee - Justin Mastrantuoni
Secretary—Bridget Krebs

The Safety Committee's Health and Safety Tips

Transfer Tips For Consumer and Caregiver Safety

While a primary objective is to ensure the safety of the consumer, it's also important that the caregiver take measures to protect themselves to avoid personal injuries. In the case of a family member providing care, the impact can be even greater. If the caregiver is a paid professional who, for example, may work for an agency, assisted living center or hospital, those injuries can lead to missed work, physical therapy sessions or higher expenses in worker's compensation claims and medical bills.

Transferring a consumer properly and safely is one of the most challenging tasks for caregivers across a wide variety of health care industries. These include, but are not limited to, caregivers from hospitals, assisted living facilities, rehabilitation facilities, emergency first responders and homecare agencies.

An additional challenge of transfers is that they must also focus on the consumer's current condition (including possible injuries or diseases), and limitations on their ability to help in any way.

When initiating a transfer there are some key steps to keep in mind to help reduce the risk of injury.

These key steps include:

- **Think Before You Move**—Too often caregivers begin to move or lift a client without first thinking through what they need to accomplish and what position the consumer should end up in. Think about how not to become a human pretzel—do not twist and pivot in a way that makes you unstable or puts additional strain on your lower back.
- **Bend So You Don't Break**—Caregivers often keep their legs locked. Maintain stable footing and a slight bend in the knees, and then bend with just the lower-back. Keeping the legs locked puts a high-level of pressure on the body, which may lead to inflammation or worse.
- **Use the Right Tool at the Right Time**—There are several products available that can assist caregivers with transfers that will increase the client's safety and comfort while reducing the risk of injury to the caregiver.

