

# TOOL BOX TALKS

## Healthcare Slips & Trips: Patient Handling

Patient handling is one of the most dangerous tasks in the healthcare industry. Injuries sustained during patient handling include strains and sprains to knees and ankles. Back and shoulder strains occur when workers are forced to over-reach to move a patient. Workers enter the danger zone when they are forced to reach out, far away from their body to pick up patients. Help create a safe work environment by reviewing these safety tips with healthcare workers.

### WORKSAFE TIPS

- Wear the right shoes when you come to work. Appropriate footwear includes aggressive tread and slip-resistant properties.
- Tennis shoes are not slip resistant.
- Be ready for patients to fall.
- Treat all patients as heavy, and get help whenever you must move or transfer any patient, or patients that could fall or slip.
- Use slide boards or extra help when performing patient transfers.
- Bathrooms will most likely always have a slip and fall hazard.
- Workers will trip over each other when they're bunched up in confined areas. Take time to plan the lift.
- When working in a residence or apartment, scan for trip hazards like loose rugs or carpet, oxygen hose or extension cords.
- Patient rooms have trip hazards like the rolling meal table, chairs, or even bed wheels that are pointing into the walkway.
- Patient belongings, bedding or oxygen tubing or monitor cables can cause trips.



Slip-resistant footwear is required when performing indoor healthcare work.



Tennis shoes, sandals are not acceptable. Tennis shoes are not slip resistant.



Restrooms are tight, with wet floors.



*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*

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