

# **Personal Care Attendant (PCA) Fundamentals Training**

Principles of Body Mechanics

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# Module 05: Overview of Infectious Disease

## Goal

Introduce candidate PCAs to practical principles of body mechanics and how the principles will keep them safe

# At the end of this training, candidate PCAs should be able to:



**Define the term “body mechanics”**



**List the benefits of using good body mechanics for the consumer and the PCA**



**Describe good posture**



**Demonstrate the four principles of body mechanics**



**List three other key guidelines to follow when lifting or moving objects or people**

## What is body mechanics?

**Why might it be difficult for PCAs who must lift consumers and objects by themselves??**

# Introduction

**What do you currently do to protect yourself from getting diseases from other people?**

**And from transferring diseases to other people?**

# VIDEO: Proper Lifting

<https://www.youtube.com/watch?v=l4D7hv7uul8>



# Always use the strongest muscles to do the job!

## When injuries happen:

Almost half of all Massachusetts direct care worker injuries occur when lifting things or moving consumers. (MA Workforce and Labor Dev)

## Why injuries happen:

Transfers and assisting consumers add pressure forces to the workers spine.

Risk factors:

- Lifting more than 35 pounds
- Bending
- Bending while lifting
- Reaching and lifting
- Twisting while lifting
- Frequent lifting

# Practicing Body Mechanics

## Use good posture:

- Hold your head up.
- Keep your shoulders back and your chest high.
- Tighten your stomach muscles.
- Pull in your buttocks.



## **Rule 1: Keep a wide base of support**

Spread your feet apart to the width of your shoulders.

- Put one foot a little bit in front of the other.

## **Rule 2: Lift from your legs and buttocks.**

- Bend your knees to reach down. Do not bend at the waist.
- Keep your back straight.
- Push up with your legs.



## **Rule 3: Turn your whole body.**

- Bend your knees to reach down. Do not bend at the waist.
- Keep your back straight.
- Push up with your legs.



## **Rule 4: Get close to what you're lifting.**

- Hold the thing at waist level. Work at waist level, if possible.
- Do not reach out when lifting. Use a ladder or step stool to reach or lift things above your head.



# PRACTICE!!!!



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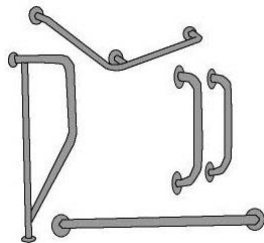
# Tips for Lifting and Moving to Help Reduce Injuries

**Wear a back belt, if available**

- Use a cart to roll heavy objects
- Use a step stool or ladder for high objects out of reach
- Use assistive devices or equipment, if available
- Take your time and move objects in stages
- Ask for help



**Rolling Cart**



**Grab Bars**



**Lift Chair**



**Gait Belt**



**Portable Lifting Equipment**

Images from OSHA.Gov Guidelines for Nursing Homes

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# Skills Checklist: Body Mechanics

<b>Use good posture.</b>
<ul style="list-style-type: none"><li>• Hold your head up.</li><li>• Keep your shoulders back and your chest high.</li><li>• Tighten your stomach muscles.</li><li>• Pull in your buttocks.</li></ul>
<b>Rule 1: Keep a wide base of support.</b>
Spread your feet apart to the width of your shoulders.
Put one foot a little bit in front of the other.
<b>Rule 2: Lift from your legs and buttocks.</b>
Bend your knees to reach down. Do <b>not</b> bend at the waist.
Keep your back straight.
Push up with your legs.
<b>Rule 3: Turn your whole body.</b>
Move your feet and legs to face the thing you are lifting.
Do <b>not</b> turn at the waist.
<b>Rule 4: Get close to what you're lifting.</b>
Hold the thing at waist level. Work at waist level, if possible.
Do <b>not</b> reach out when lifting.
Use a ladder or step stool to reach or lift things above your head.