



Promotion of Safety



Using Body Mechanics

- Muscles work best when used correctly
- Correct use of muscles makes lifting, pulling, and pushing easier
- Prevents unnecessary fatigue and strain and saves energy
- Prevents injury to self and others




Rules of Good Body Mechanics

- Maintain a broad base of support
 - Feet 8 to 10 inches apart
 - One foot slightly forward
 - Balance weight on both feet
 - Point toes in the direction of movement
- Bend from the hips and knees to get close to an object
 - Keep back straight
 - Back muscles are weak, hip and thigh muscles are stronger
 - Do not bend at the waist



Rules of Good Body Mechanics (continued)

- Use the strongest muscles to do the job
 - Larger and stronger muscles are in shoulders, upper arms, hips, and thighs
- Use the weight of your body to help push or pull an object
 - Whenever possible, push, slide, or pull objects rather than lift
 - Push or slide with entire body and lean into direction of movement
- Carry heavy objects close to the body
 - Stand close to an object or person being moved
 - Allows use of stronger muscles when objects are close



Rules of Good Body Mechanics (continued)

- Avoid twisting your body as you work
 - Turn with your feet and entire body when you change directions of movement
 - Twisting strains back muscles
- Avoid bending for long periods of time
- Get help if a patient or object is too heavy to lift alone
- Use assistive equipment when needed (e.g., mechanical lifts, transfer (gait) belts, wheelchairs)



Back Supports

- Required by many health care facilities
- To be worn when lifting or moving patients
- Effectiveness is controversial, but does remind wearer to use body mechanics
- Should be correct size in order to provide the maximum benefit
- It should fit snugly when needed and can be loosened at other times

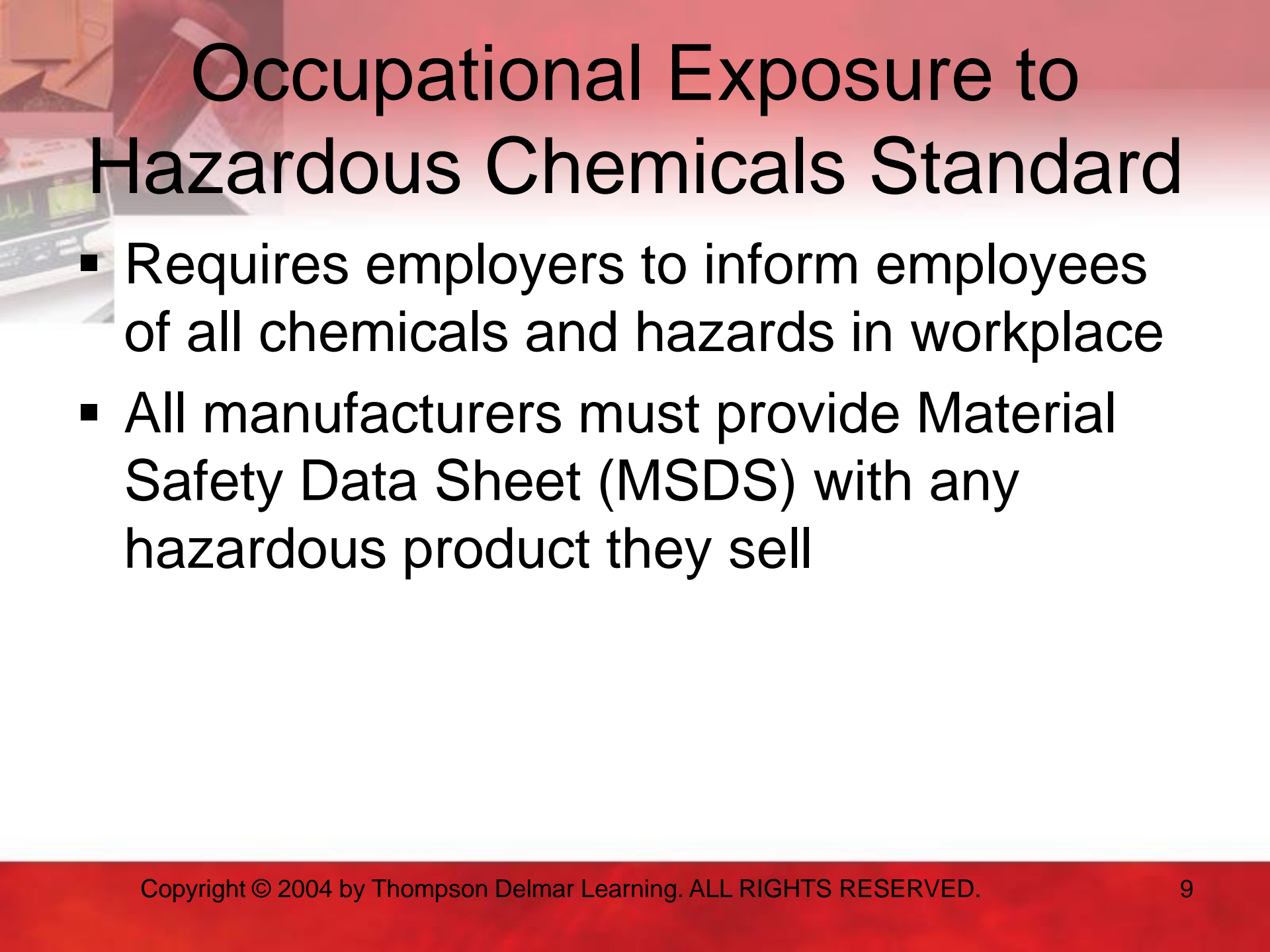


- Application activity (may save until tomorrow depending on time remaining in the hour)
- Create posters that would be seen in the health care facilities reminding employees to use proper body mechanics to prevent injuries (must portray 3 body mechanics, Must include minimal words and a picture)



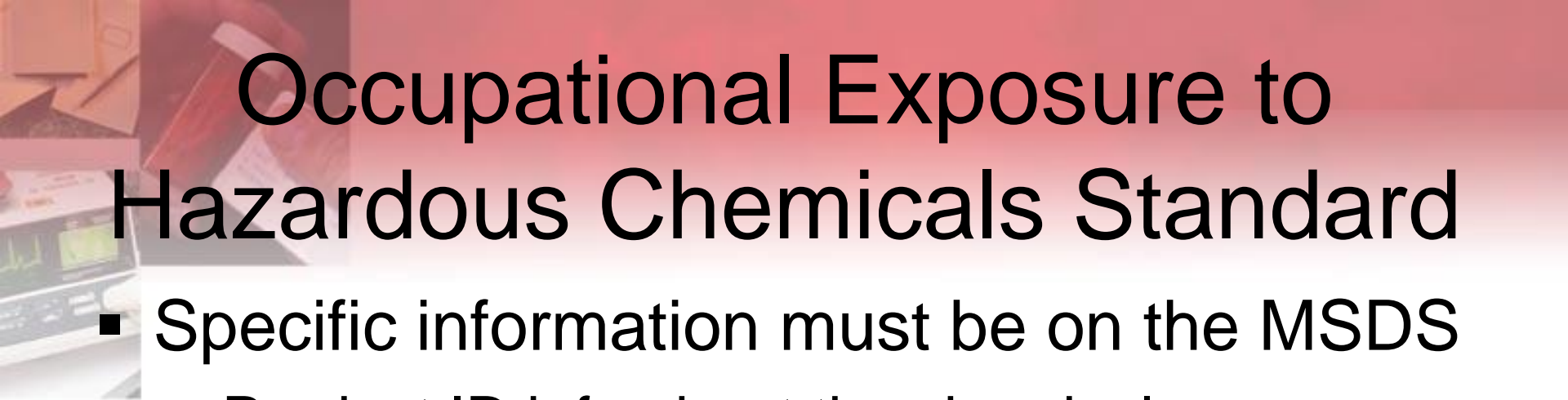
Preventing Accidents and Injuries

- Occupational Safety and Health Administration (OSHA)
 - Division of the Department of Labor
 - Establishes and enforces safety standards in the workplace
 - Two main standards that affect health care:
 - Occupational Exposure to Hazardous Chemicals
 - Standard and Bloodborne Pathogen Standard



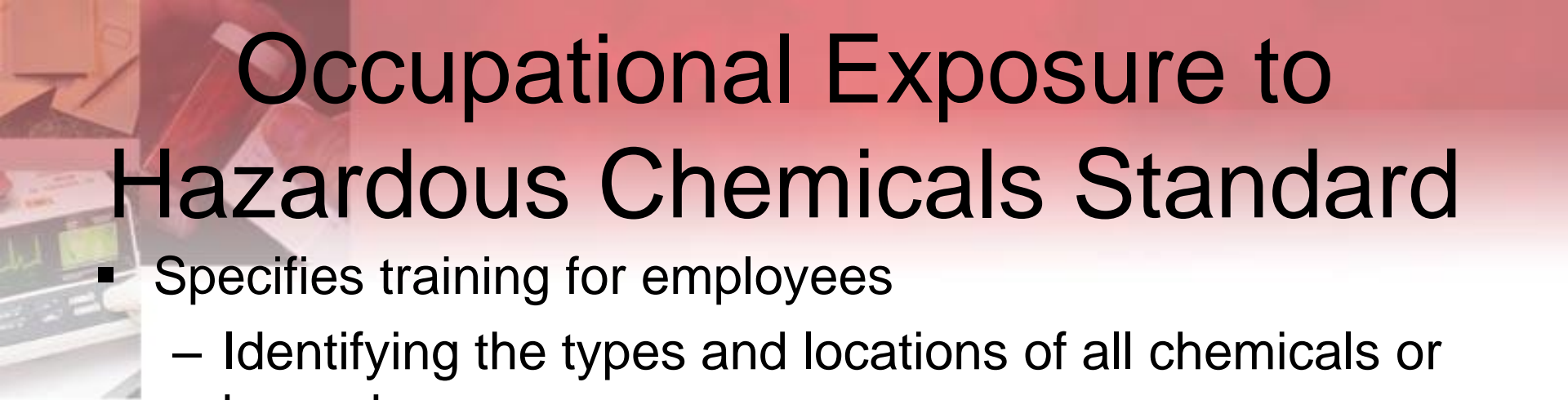
Occupational Exposure to Hazardous Chemicals Standard

- Requires employers to inform employees of all chemicals and hazards in workplace
- All manufacturers must provide Material Safety Data Sheet (MSDS) with any hazardous product they sell



Occupational Exposure to Hazardous Chemicals Standard

- Specific information must be on the MSDS
 - Product ID info about the chemical
 - Protection/precautions that should be used
 - Instruction for safe use of chemical
 - Procedures for handling spills, clean up and disposal of product
 - Emergency first aid procedures



Occupational Exposure to Hazardous Chemicals Standard

- Specifies training for employees
 - Identifying the types and locations of all chemicals or hazards
 - Locating and using the MSDS manual containing all of the safety data sheets
 - Reading and interpreting chemical labels and hazard signs
 - Using PPE
 - Locating cleaning equipment and following correct methods for managing spill and or disposal
 - Reporting accidents or exposures and documenting any incidents that occur



Bloodborne Pathogen Standard

- Contains mandates to protect health care providers from diseases caused by exposure to body fluids
- Diseases that can be contracted by exposure to body fluids include hepatitis B, hepatitis C, and AIDS



Ergonomics

- Applied science to promote the safety and well-being of a person by adapting the environment and using techniques to prevent injuries



Components of Ergonomics

- Correct placement of furniture and equipment
- Training in required muscle movements
- Efforts to avoid repetitive motions
- An awareness of the environment to prevent injuries



Components of Ergonomics (continued)

- Prevention of accident and injury
- Centers around people and the immediate environment
- Health care worker must follow safety regulations
- Remember, health care workers have a legal responsibility to protect the patient from harm and injury



Equipment and Solutions Regulations

- Do not operate or use any equipment until you have been trained on how to use it
- Read and follow operating instructions
- Report any damaged or malfunctioning equipment
- Do not use frayed or damaged electrical cords



Equipment and Solutions Regulations (continued)

- Observe all safety rules
- Read MSDSs
- Never use solutions from unlabeled bottles
- Read labels at least three times
- Do not mix solutions together unless instructed to do so
- Report broken equipment and spilled solutions

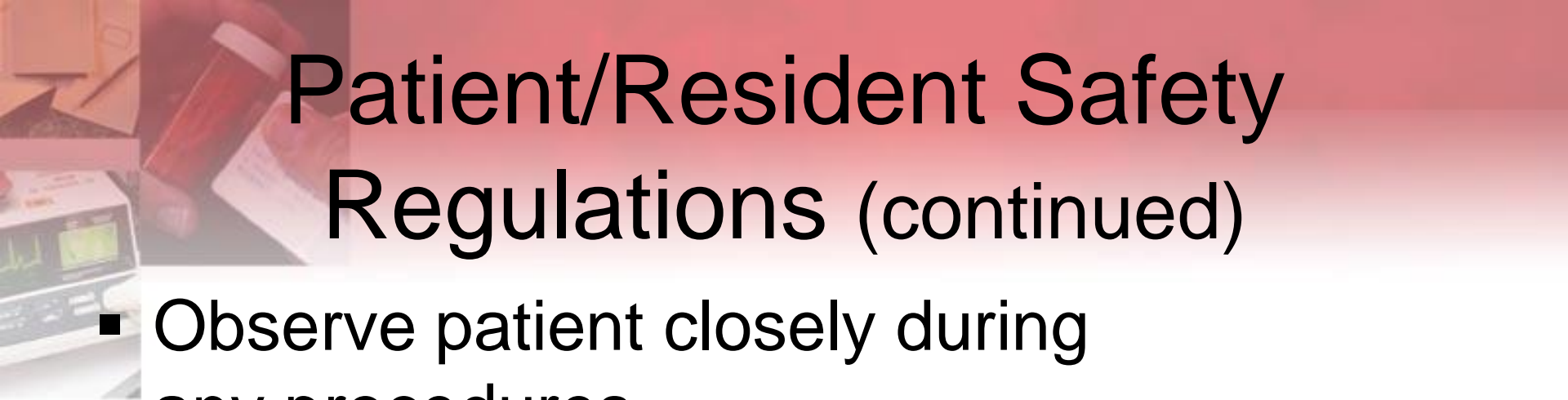
Patient/Resident Safety Regulations

- Do not perform any procedures on patients unless instructed and properly authorized
 - Follow instructions carefully and ask questions if you do not understand
 - Use correct or approved methods while performing procedures
 - Avoid short cuts or incorrect techniques
- Provide privacy for all patients
 - Knock on a door before entering any room
 - Speak to a patient, identify yourself, and ask for permission to enter before going behind closed privacy curtains
 - Close the door and/or draw curtains for privacy before beginning a procedure on a patient




Patient/Resident Safety Regulations

- Identify your patient
 - Be 100% positive you have the correct patient
 - Methods of identifying
 - Check wrist band
 - Repeat the name at least twice
 - Check name on bed or record
- Explain the procedure
 - Let the patient know what you are doing
 - Answer any questions
 - Make sure you have the patients consent
 - Never do procedure if a patient refuses



Patient/Resident Safety Regulations (continued)

- Observe patient closely during any procedures
 - If you notice any change report it immediately
 - Be alert of patients condition at all times
- Check all areas for safety hazards
 - Report all unsafe situation
 - Correct a safety hazard as soon at possible



Patient/Resident Safety Regulations (continued)

- Observe all safety checkpoints
 - Patient is positioned in a comfortable position
 - Siderails are elevated if indicated
 - Bed is at lowest level to the floor
 - Wheels on bed are locked to prevent movement
 - Call signal and other supplies are within easy reach of the patient
 - Open the privacy curtains if they were closed
 - Leave area neat and clean with no safety hazards



Personal Safety Regulations

- Responsible to protect yourself and others
- Use correct body mechanics
- Wear the required uniform
- Walk, do not run
 - Keep to the right in the hallways just like traffic
- Report any injury or accident
- Keep all areas neat and clean
- Wash hands frequently



Personal Safety

Regulations (continued)

- Dry hands thoroughly before handling electrical equipment
- Wear safety glasses when appropriate
- Observe all safety precautions
- Avoid horseplay and practical jokes



Personal Safety

Regulations (continued)

- If any solution comes in contact with skin or eyes, flush immediately and report
- If particle gets in eyes, report immediately, do not try to remove or rub eye



- Incident report/accident report activity



Observing Fire Safety

- Fire requires
 - Oxygen – found in the air
 - Fuel – any material that will burn
 - Heat – sparks, matches, flames
- Causes of fires
 - Smoking and matches
 - Misuse of electricity
 - Defects in heating systems
 - Spontaneous ignition
 - Improper rubbish disposal
 - arson



Classes of Fire Extinguishers

- Classified according to kind of fire they extinguish
- Many different types
- Main types: A, B, C, and ABC



Class A Extinguisher

- Contains pressurized water
- Use on combustibles such as paper, cloth, and wood



Class B Extinguisher

- Contains carbon dioxide (CO₂)
- Used on gasoline, oil, paints, burning liquids, and cooking fats
- Provides a smothering action for fire (water would spread fire)
- Leaves a snowlike residue which irritates skin and eyes and is dangerous if inhaled



Class C Extinguisher

- Contains a dry chemical (potassium bicarbonate, potassium chloride)
- Used on electrical fires – nonconducting agent
- Can also be used on burning liquids for smothering action



Class ABC Extinguisher

- Contains graphite-type chemical
- Multipurpose extinguisher – used for all types of fire
- Leaves residue damaging to skin and eyes



Discharging an Extinguisher

- Check for correct type
- PASS
 - P: pull the pin
 - A: aim the extinguisher at the near edge and bottom of the fire
 - S: squeeze the handle to discharge the extinguisher
 - S: sweep the extinguisher from side to side



Rules in Case of Fire

- Remain calm, do not panic
- RACE
 - R: rescue anyone in immediate danger
 - A: activate the alarm
 - C: confine the fire
 - E: extinguish the fire



Preventing Fires

- Be alert to causes of fires
- Correct situations that lead to fires
- Obey “no smoking” signs
- Extinguish matches, cigarettes, and any flammable items completely
- Dispose of all waste materials in proper containers



Preventing Fires

(continued)

- Handle electrical equipment carefully
- Store flammable materials in proper containers and in a safe area
- If flammable liquid spilled, clean up immediately
- Do not allow clutter to accumulate
- When oxygen is in use, observe special precautions



Summary

- Health care workers are legally responsible for familiarizing themselves with disaster policies
- Preventing fires is everyone's concern
- Be alert to causes of fires and take measures to prevent them
- Know policies to follow in case of fire