

# Safe Lifting and Movement of Residents

## Take a realistic approach

Caregivers sustain an astounding number of workplace injuries from lifting and moving residents. It's easy to understand why when you consider that even under ideal lifting conditions, the weight of any adult far exceeds the lifting capacity of most caregivers. Using proper body mechanics to lift residents is not an effective prevention measure since lifting the weight of adult residents is intrinsically unsafe.

## Formalize a safe lifting program

According to the Department of Health and Human Services, an effective safe lifting program should include mechanical lifting equipment, worker training on the use of the lifts and a written resident lifting policy.

## Equipment costs vs. savings

The average cost of a mechanical lift can vary from \$3,000 to \$6,000 per lift. The average cost for a ceiling-mounted lift is approximately \$4,000 per room. An effective combination of both floor and ceiling lifts is generally accomplished with a \$50,000 to \$60,000 investment per 100-bed facility.

According to the HHS's Centers for Disease Control, cost-benefit analyses demonstrate that the compensation and employee training can be recovered in two to three years through reductions in workers' compensation expenses.

## Benefits for residents

- Improved quality of care
- Improved resident safety and comfort
- Improved resident satisfaction
- Reduced risk of falls, being dropped, friction burns, dislocated shoulders
- Reduced skin tears and bruises

## Benefits for employers

- Reduced number and severity of staff injuries
- Improved resident safety
- Reduced workers' compensation medical and indemnity costs
- Reduced lost workdays
- Reduced restricted workdays
- Reduced overtime and sick leave
- Improved recruitment and retention of caregivers
- Fewer resources required to replace injured staff

## Benefits for caregivers

- Reduced risk of injury
- Improved job satisfaction
- Increased morale
- Injured caregivers are less likely to be re-injured
- Pregnant caregivers can work longer
- Staff can work to an older age
- More energy at the end of the work shift

For more information and additional risk management and prevention tools, visit: [fwcruminsurance.com](http://fwcruminsurance.com)