

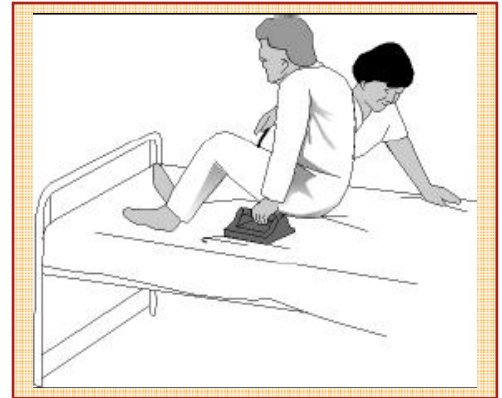
SAFETY BASICS *Healthcare Series*

Repositioning

Activity: Resident Handling

Description: Hand blocks and push up bars

When to Use: Repositioning residents that have the ability to assist the caregiver during the activity, i.e., residents with upper body strength and use of extremities who are cooperative and can follow instructions.



Points to Remember: Blocks also enable residents to raise themselves up and reposition themselves in bed. Bars attached to the bed frame serve the same purpose. May not be suitable for heavier residents. Ensure that bed wheels are locked, bedrails are lowered, and bed is adjusted to caregiver's waist height to reduce back flexion.

Safety Basic Health Care Series Information is extracted directly from OSHA safety materials. For additional information consult www.OSHA.gov