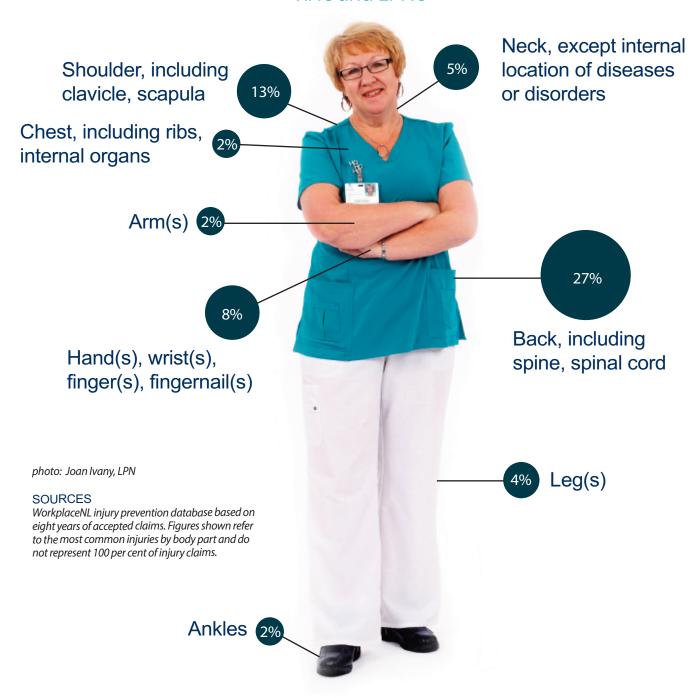
Protect your injury hot spots

RN's and LPN's





COMMON INJURIES

FACTS

Injury Hotspots RN's and LPN's













Prevention Tips

ERGONOMICS

- Use mechanical handling aids (e.g. overhead tracking, hoists, mobile hoists, wheeled equipment, and slide sheets) at all times unless clients can lift themselves.
- Ensure workers are trained in all methods of lifting used in the workplace and in the proper use of equipment.
- When moving equipment and supplies, use a trolley or lifting aid to reduce the risk of sprains and strains.
- Ensure building layout/design allows ease of pushing and/or pulling when using trolleys, wheelchairs and other mechanical handling aids (e.g. good path design, suitable floor surfaces).
- Provide equipment that is fit for purpose and maintained in accordance with manufacturer's specifications.
- Adjust height of patient bed to reduce unnecessary bending and reaching when assisting patient.
- Ensure workers are educated about proper working postures and trained in ways to minimize twisting, bending and lifting items from the floor.
- Ensure to develop written Safe Work Practices and Procedures (SWPPs) for the equipment and tasks and ensure that employees are trained in the SWPPs.

WORKPLACE VIOLENCE

- Implement policies and procedures to reduce the risk of workplace violence from patients, clients and the general public. Ensure they are well communicated and are followed by all workers.
- Methods may include warning and duress systems, training, supervision and staff support.
- Ensure buildings and equipment are designed to minimize risk (e.g. shatter-proof glass, no blind spots, access/egress controls, and effective use of barriers).

BULLYING, HARASSMENT AND STRESS

- Promote clear policies and procedures that address bullying, harassment and work pressure and enforce an effective reporting and resolution plan.
- Ensure all workers understand what bullying and harassment are, and the procedures for reporting incidents (e.g. explain policies and procedures during the orientation process).
- Provide post-incident care, including counselling and support.

SLIPS, TRIPS AND FALLS

- Good housekeeping should be a central priority to the system of work to eliminate all slipping/ tripping hazards (e.g. remove liquid, dust or other contaminants on floors).
- Ensure that all floors are level throughout work areas and there are no temporary or permanent obstructions posing any risks.

INFECTION CONTROL

- Follow safe work practices and procedures for handling biological fluids.
- Wear personal protective equipment including appropriate gloves, respirators, aprons, etc.
- Dispose of contaminated waste appropriately use sharps containers when required.
- Wash hands frequently.

SHIFT WORK

- Maintain a healthy lifestyle increase exercise, choose a healthy diet and quit smoking.
- Learn how to make healthy eating choices while working night shift.
- Get an adequate amount of sleep (7-9 hours daily is recommended for adults).
- Take care when driving home after a night shift. Consider alternate transportation where possible.

