

Back Safety Tips for Handling Patients

Plan and Communicate

- ✓ Assess the patient
- ✓ Gather the appropriate equipment
- ✓ Set-up equipment for easy access and secure it
- ✓ Communicate your plan with your patient



Use Good Body Mechanics

Back straight

Avoid twisting

Close to body

Keep feet shoulder width apart



Train and Practice

Attend training and practice using the equipment in your facility.