

MYTHS AND REALITIES ^{8, 9, 10}

Myth	Reality
Proper body mechanics (including the use of gait belts) prevent patient handling injuries.	Decades of research shows that "proper" body mechanics are not an effective way to reduce injuries. There is no such thing as safe manual lifting.
SPH®M technology is not affordable.	The benefits of SPH®M include a rapid return-on-investment; savings associated with reduced healthcare worker and healthcare recipient injuries far outweigh the costs.
Smaller, lighter healthcare recipients do not warrant use of SPH®M technology.	ANA recommends policies and practices that lead to the elimination of all manual lifting. NIOSH recommends lifting no more than 35 pounds, under the best ergonomic conditions.
Healthcare workers who are physically fit are less likely to be injured.	Research does not support this. Good health and strength may actually put healthcare workers at increased risk because their peers are much more likely to seek their assistance when manually lifting healthcare recipients.
It's much faster to manually move healthcare recipients than to take the time to get SPH®M technology.	If SPH®M technology is located conveniently, accessing it will not take a long time. It is often more time consuming to round up a team of colleagues to manually lift a healthcare recipient than it is to get the SPH®M technology.
Manual lifting is safer and more comfortable for healthcare recipients.	It is the role of the healthcare worker to teach and explain that the use of the technology is safer and more convenient for both healthcare recipients and healthcare workers.
The majority of the time, manually lifting or transferring health care recipients does not result in injury.	Manual lifting results in micro-injuries to the spine. Although the healthcare worker may not feel the effects immediately, cumulative micro-injuries can result in a debilitating injury.
Using SPH®M technology feels impersonal.	Safety and quality of care are the goals. Healthcare workers can effectively use SPH®M technology while incorporating the professional values of respect, dignity, and caring.

ADDITIONAL SUGGESTED RESOURCES

Facilitators, Guidelines, Institute – PHASE 4 White Paper

International Organization for Standardization - Ergonomics
Manual Handling of People in the Healthcare Sector

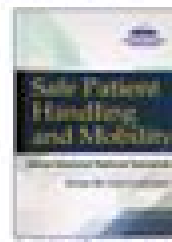
Joint Commission - Improving Patient and Worker Safety
Opportunities for Synergy, Collaboration and Innovation

National Institute of Occupational Safety and Health -
Safe Patient Handling Training School Curriculum ModuleOccupational Safety and Health Administration • Guidelines
for Manual Material Handling for the Prevention of MSDs

U. S. Department of Veterans Affairs - Safe Patient Handling and Movement Resource Page

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