**Nursing: Body Mechanics Observation Form**

Date/Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employee(s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **General Body Mechanics**  | **Y** | **N** | **Comments** |
| 1. Proper footwear
 |  |  |  |
| 1. Obstacles are removed as necessary
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| 1. Determine if equipment is required
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| 1. If equipment is required is it in working order?
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| 1. Is another person needed to assist with the task, was assistance found and communication utilized to complete the task?
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| 1. When required, lower body was in the squat position to complete the task (no bending at the waist)
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| 1. While carrying a load, elbows are as close to the person’s body and a palms up grip used?
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| 1. Reaching avoided
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| 1. Twisting avoided (nose following feet)
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| 1. Pushing was utilized rather that pulling with one arm.
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| 1. Task was thought out so minimal manual materials handling was required.
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| **Rolling Resident** |  |  |  |
| 1. Bed height is adjusted, if possible
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| 1. Resident is cued to bend or cross legs and is prepared for roll
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| 1. One knee is on or touching the bed, while the other is behind, bent at the knee
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| 1. Hands are placed under the resident’s hip and shoulder
 |  |  |  |
| 1. Counts 1, 2, 3 before rolling
 |  |  |  |
| 1. Motion comes from the legs and resident is gently turned onto the side
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| **Lateral Slide** |  |  |  |
| 1. Bed height is adjusted, if possible
 |  |  |  |
| 1. Roll technique is used to get a slider sheet into proper position (above shoulder to below bum)
 |  |  |  |
| 1. The caregiver who is pulling has a palms-up power grip on the slider sheet
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| 1. The caregiver who is pushing has one hand placed on resident’s shoulder and one hand cupping the resident’s upper thigh/buttocks
 |  |  |  |
| 1. Counts 1, 2, 3 before sliding
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| 1. Legs are bent and power comes from the legs moving. The back is kept straight and the head is up.
 |  |  |  |
| **Boosting** |  |  |  |
| 1. Roll technique is used to get a slider sheet into proper position (above shoulder to below bum)
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| 1. Both caregivers roll up the ends of the slider sheet close to the resident’s body and have a palms-up grip.
 |  |  |  |
| 1. Legs are wide and in a squat position.
 |  |  |  |
| 1. Counts 1, 2, 3, while rocking in the direction of the slide to maintain good body mechanics and build momentum
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| 1. Resident is not lifted, but slid, up the bed.
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| **1-Person or 2-Person Supine to Sit** |  |  |  |
| 1. Resident’s legs are positioned close to the edge of the bed.
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| 1. For 1-person caregiver places one hand down the resident’s spine, between the shoulder blades and the other just above the resident’s knee. For 2-person top caregiver same as above; second caregiver is grasping resident’s lower legs or ankles.
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| 1. Caregiver(s) has an open stance to allow room for resident’s legs. Caregiver is in a squat position and the back is straight.
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| 1. Resident is cued to assist with sitting motion. Counts 1, 2, 3
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| 1. Legs are gently pulled off the bed, and caregiver pivots and provides support as the resident sits up. For two-person caregiver at legs has guided legs down and finishes in a squat position.
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| **1-Person or 2-Person Transfer** |  |  |  |
| 1. Transfer belt is placed properly and is tight so only two fingers can be fit under
 |  |  |  |
| 1. Wheelchair is placed so that there is enough room for caregiver(s) and resident to complete transfer with backs straight. Footrests removed and brakes locked.
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| 1. 1-person transfer caregiver should have one leg inbetween resident’s legs, and the other open in the direction of the transfer. 2-person transfer one caregiver on either side of the resident, both caregivers block resident’s foot with theirs, both caregivers grip transfer belt at back and cross arms in the front both using a palms up grip.
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| 1. Resident’s feet should be flat on the floor, knees bent to 90°, hands should be inside staff’s arms or on bed or chair for push off
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| 1. Staff explains process of transfer to resident , counts 1, 2, 3, stand
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| 1. Staff bends knees while assisting resident to standing position
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| 1. Staff shuffles with resident keeping their knees and feet facing the same direction
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| 1. When residents knees touch the back of the chair/bed staff assist resident to seating position careguver(s) remain close to the resident and squats as resident sits.
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| **Sit/Stand Lift** |  |  |  |
| 1. Staff check that lift and sling are in good working order
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| 1. Staff place sling around resident
 |  |  |  |
| 1. Lift is positioned in front of resident and sling is attached, resident is instructed to place feet on base and strap is attached across resident’s calves. Staff double check sling and foot attachment.
 |  |  |  |
| 1. Reisdent is instructed to hold onto the handles
 |  |  |  |
| 1. Lead caregiver commicates lift procedure to resident; resident is safely lifted to clear the bed/chair
 |  |  |  |
| 1. Lead caregiver steers lift away from bed keeping arms at a 90 degress angle and using only legs to move the lift
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| 1. Second caregiver positions chair/bed behind resident and resident is lowered safely into poistion.
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| 1. Sling is removed from behind resident
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| **Full Mechanical Lift** |  |  |  |
| 1. Staff check that lift and sling are in good working order
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| 1. Raise or flatten bed to appropriate position for rolling the resident
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| 1. Place sling under residents back using rolling technique. Sling placement is back of neck to tailbone, buttocks is free.
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| 1. Lift is positioned over the resident and the sling attached. Sling attachments and placement is double checked.
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| 1. Lift procedure is communicated to resident
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| 1. Lead caregiver safely lifts resident to clear the bed, steers lift away from bed keeping arms at a 90 degress angle and using only legs to move the lift. Second caregiver guides and supports the resident into position
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| 1. Position lift over chair/bed and lowers resident safely into position
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| 1. Sling is removed from behind the resident
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Employee(s) Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Employee(s) Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Additional comments:Action Taken at Observation* Positive Reinforcement
* Spot Coaching

Further Actions Following Observation* Additional Observation
* Advanced Educator Coaching
* Resident Re-Assessment needed
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Observers Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Observers Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_