

Lift Policy

Instructions

- Before the huddle, review your organization's lift policy.
- During the huddle, read the background (on the next page) out loud and use the first two guiding questions to discuss your organization's lift policy and answer any questions that staff have about it. Then, use the next guiding questions to encourage staff to apply their knowledge of lift policies to their work.

After this huddle

Staff should know how to:

- Refer to the no-lift policy to reduce their risk of musculoskeletal injury

Notes to the huddle leader

- Consider adding some of your own scenarios to the discussion or ask staff to provide some.



Guiding questions

- What is a lift policy and why is it important to have one?
- What is our organization's policy on lifting?
- How does our lift policy reduce your risk of injury?
- How do you apply our lift policy while you are working?

The graph illustrates the growth of the U.S. economy over an 80-year period. The x-axis shows years from 1929 to 2009 in 10-year increments. The y-axis shows GDP in trillions of dollars from 0 to 14 in increments of 2. The green line, labeled 'U.S. Economy', starts at approximately 0.5 in 1929 and rises steadily to about 13.5 by 2009. The red line, labeled 'GDP', starts at approximately 0.5 in 1929 and rises more gradually, reaching about 12.5 by 2009. Both lines show a slight dip around 1930 and 1980, followed by a recovery.

Did you know?

- 41% of all injuries in long-term, home, and community care are due to overexertion.
- 44% of time-loss claims occur while providing direct care.

By following safe handling procedures, you can greatly reduce your risk of these types of injury.

Handling a person in care is the top cause of injury for healthcare workers due to the repetition, heavy weights, and the awkward or static postures associated with the task. By following procedures in a safe handling policy, you can minimize risk of injury to yourself and provide care safely.

Huddle leader: _____

Date: _____

Attendance:

Name	Initial
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