

## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety

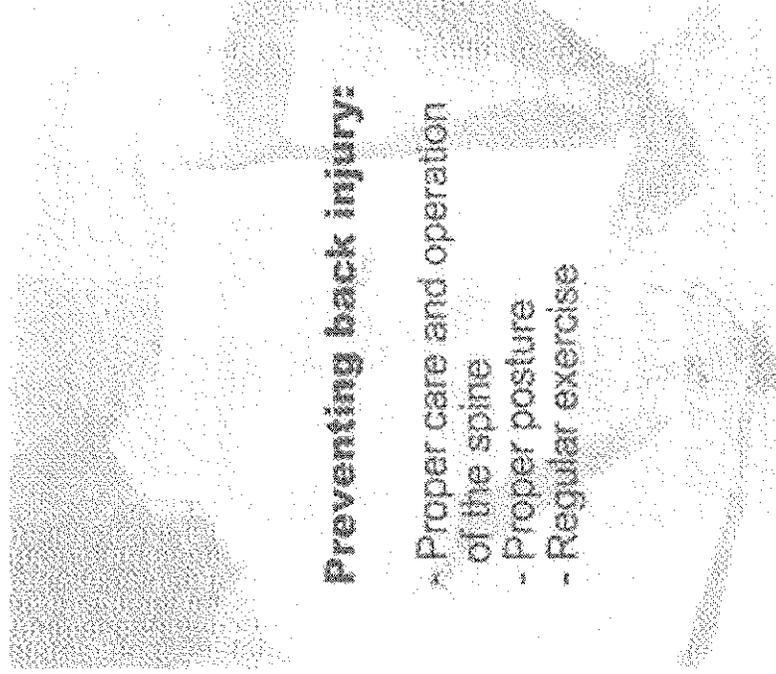
Healthcare is a high-risk setting for back pain and injury.

Healthcare workers who lift and move patients are at especially high risk for injury.

Injury may be prevented through:

- Proper care and operation of the spine
- Proper posture
- Regular exercise

On the following screens, let's take a closer look at each of the above.



### Preventing back injury:

- Proper care and operation of the spine
- Proper posture
- Regular exercise

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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Proper Care and Operation of the Spine

Take proper care of the spine while:

- **Sleeping**
  - Sleeping on the back is best for back health.
  - Sleeping on the side is next best.
  - Sleeping on the stomach is least healthy for the back.
- **Standing**
- **Sitting**
- **Lifting a static load vertically**
- **Lifting or transferring a patient**

Click on each item for a brief review of key points

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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Proper Care and Operation of the Spine

Take proper care of the spine while:

- Sleeping
  - Standing
  - Sitting
  - Lifting a static load vertically
  - Lifting or transferring a patient
- Standing**
- Wear good comfortable shoes.
  - Stand up straight.
  - Keep the knees flexed.
  - Use a footrest, alternating feet every few minutes if you must stand for long periods of time.

Click on each item for a brief review of key points

A navigation bar at the bottom of the page. On the left, there are links for 'Search', 'Objectives', 'Story', 'Course Map', 'Main Menu', and 'Help'. In the center, there are navigation icons: a left arrow, a refresh/circular arrow, and a right arrow. To the right of these icons, it says '16 of 32'. Further right, there is an 'Audio' button and a 'Progress' indicator showing a progress bar and the text '100%'. On the far right, there is a 'Print' button.

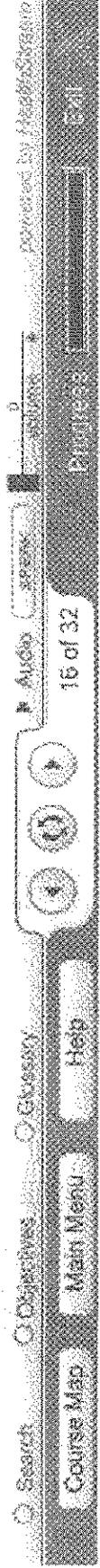
## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Proper Care and Operation of the Spine

Take proper care of the spine while:

- **Sleeping**
  - **Standing**
  - **Sitting**
  - **Lifting a static load vertically**
  - **Lifting or transferring a patient**
- Sitting**
- Form 90-degree angles at the knees and the hips.
  - When the hands are on a desk or keyboard, also form 90-degree angles at the elbows. The wrists should be kept straight.

Click on each item for a brief review of key points



## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Proper Care and Operation of the Spine

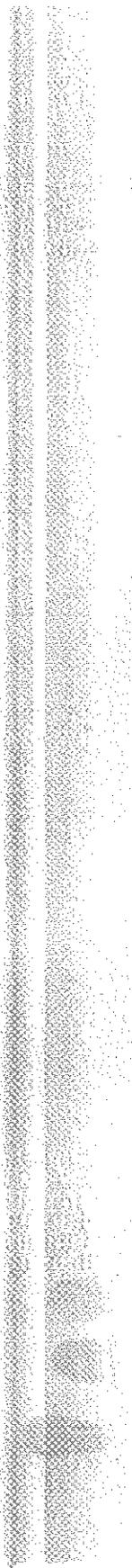
Take proper care of the spine while:

- Sleeping
  - Standing
  - Sitting
  - Lifting a static load vertically
  - Lifting or transferring a patient
- Click on each item for a brief review of key points
- **Lifting a static load vertically**
    - Bend at the hips and knees.
    - Keep the head up.
    - Maintain the three natural curves of the spine.
    - Hold the load close to the body.
    - Lift with the muscles of the legs.

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## Rapid Regulatory Compliance: Clinical: Part II



### Back Safety: Proper Care and Operation of the Spine

Take proper care of the spine while:

- Sleeping
  - Standing
  - Sitting
  - Lifting a static load vertically
  - Lifting or transferring a patient
- Click on each item for a brief review of key points
- Lifting or transferring a patient
    - Avoid manual lifting.
    - Use motorized lifts or other assistive devices.

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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Proper Posture

To stand with proper posture, imagine a cord dropped through the center of your head to your feet.

If the spine is properly aligned, the cord should pass through the center of the body, in the right-to-left plane.

In the front-to-back plane of the body, the cord should pass through:

- The ear
- The front of the shoulder
- The center of the hip
- The area behind the kneecap
- The ankle

To practice good posture, imagine the cord attached to the crown of your head. As the cord pulls up:

- It holds the head high.
- It pulls the three natural curves of the spine into alignment

### THE SPINE HAS THREE NATURAL CURVES

Inward at the neck

Outward at the ribcage

Inward at the low back



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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Regular Exercise

Regular exercise can help prevent back injury.

Exercise should include:

- Aerobic exercise
- Stretching exercise
- Strengthening exercise

#### Aerobic exercise

Do aerobic exercise at least three times a week. This contributes to overall fitness and increases blood flow to the spine.

Click on each for a brief review of key points.

Consult your physical therapist or physician to find out appropriate exercises for your back.

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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Regular Exercise

Regular exercise can help prevent back injury.

Exercise should include:

- Aerobic exercise
- Stretching exercise
- Strengthening exercise

Click on each for a brief review of key points.

Consult your physical therapist or physician to find out appropriate exercises for your back.

### Stretching exercises

Stretches are gradual, gentle exercises that lengthen important muscles, increasing their ability to be put through the range of motion for which they are designed. Stretch seven days a week.

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## Rapid Regulatory Compliance: Clinical: Part II

### Back Safety: Regular Exercise

Regular exercise can help prevent back injury.

Exercise should include:

- Aerobic exercise
- Stretching exercise
- Strengthening exercise

Click on each for a brief review of key points.

Consult your physical therapist or physician to find out appropriate exercises for your back.

### Strengthening exercises

Strengthening exercises help build muscle mass and definition by forcing the muscles to work against weight or resistance. Do strengthening exercises four to five days a week.

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## Rapid Regulatory Compliance: Clinical: Part II

### Lifting and Transferring Patients

Healthcare staff who lift and transfer patients are repeatedly exposed to the three major risk factors for injury during physical tasks:

- Awkward posture
- Force
- Repetition

#### Awkward posture

Manual patient handling often involves awkward postures. For example, bending and reaching while lifting or lowering creates an awkward posture.

Click on each factor for a brief review of key points.

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## Rapid Regulatory Compliance: Clinical: Part II

### Lifting and Transferring Patients

Healthcare staff who lift and transfer patients are repeatedly exposed to the three major risk factors for injury during physical tasks:

- Awkward posture
- Force
- Repetition

Click on each factor for a brief review of key points.

#### Force

Force refers to how hard the muscles have to work. A lot of force is required to lift patients who typically weigh 100 pounds or more.

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## Rapid Regulatory Compliance: Clinical: Part II

### Lifting and Transferring Patients

Healthcare staff who lift and transfer patients are repeatedly exposed to the three major risk factors for injury during physical tasks:

- Awkward posture
- Force
- Repetition

Click on each factor for a brief review of key points.

#### Repetition

This risk factor refers to performing the same motion or series of motions over and over again. Nurses and aides might perform dozens of lifts and transfers in a single shift. They might perform thousands of lifts over a lifetime of nursing.

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## Rapid Regulatory Compliance: Clinical: Part II

### Lifting and Transferring Patients

For years, nurses have been trained to use proper body mechanics and safe lifting techniques to protect against injury during manual patient handling.

However, many patient handling tasks are simply unsafe when performed manually.

In other words, nurses risk injury even if they use proper body mechanics.

Therefore, OSHA recommends that manual lifting should be minimized. If possible, it should be eliminated.



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## Rapid Regulatory Compliance: Clinical: Part II

### Lifting and Transferring Patients

To minimize or eliminate manual lifting, use devices to help with patient lifts and transfers.

Available devices include:

- Motorized lifts
- Non-motorized transfer devices such as gait belts, transfer boards, etc.

Before any lift or transfer, the patient should be assessed to determine how to do the transfer safely.

Patient factors (such as the patient's ability to bear weight) and environmental factors should be looked at. Staff can then decide on:

- The best method for the transfer.
- What equipment or devices will be needed.
- How many staff members will be needed.

#### Key Assessment Criteria

- Ability of the patient to provide assistance
- Ability of the patient to bear weight
- Upper extremity strength of the patient
- Ability of the patient to cooperate and follow instructions
- Patient height and weight
- Special circumstances likely to affect transfer or repositioning tasks
- Specific physician orders or physical therapy recommendations that relate to transferring or repositioning the patient

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Available motorized lifts include:

- Sit-to-stand
- Hoyer
- Ceiling (Room 413)

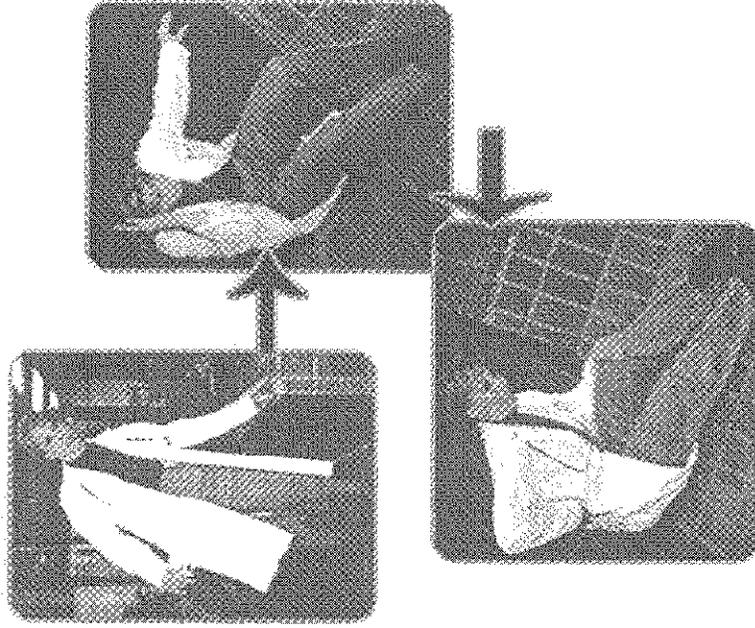
## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Prevention

Slips, trips, and falls in the workplace cause injuries and deaths every year.

On the following screens, let's look at tips for preventing:

- Slips
- Trips
- Falls



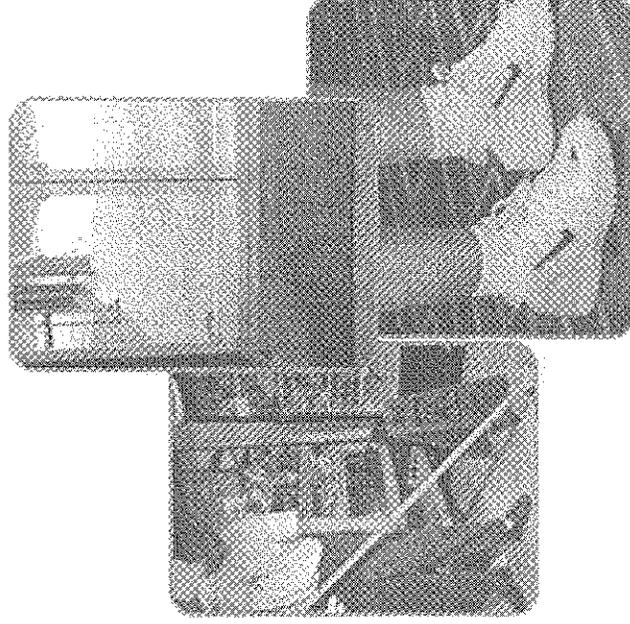
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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Preventing Slips

To help prevent slips:

- Keep floors clean and dry.
- Increase the friction of floors with abrasive coatings, non-skid strips, or rubber mats.
- Secure rugs with skid-resistant backing.
- Choose slip-resistant shoes with:
  - Soft rubber soles
  - A large amount of surface area in contact with the floor (i.e., no high heels)
  - Patterned soles that increase friction
- Post safety signs around slip hazards (icy sidewalks, wet floors, etc.).



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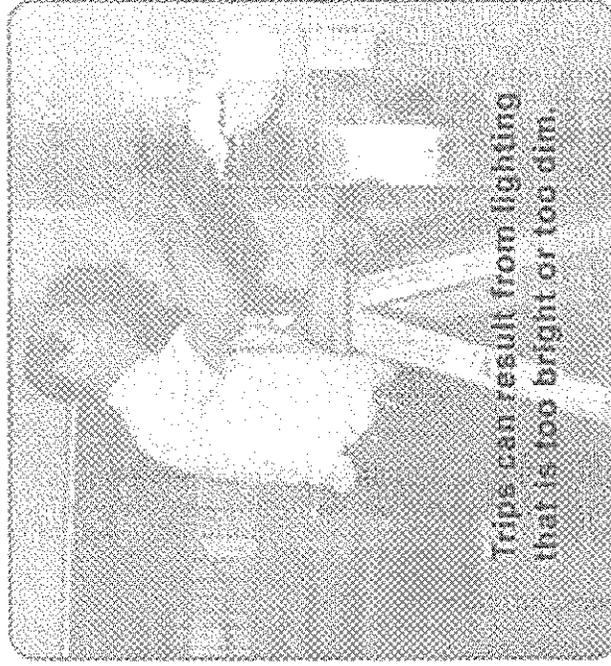
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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Preventing Trips

To help prevent trips:

- Keep floors clear and uncluttered
- Repair uneven flooring, or post safety signs
- Use proper lighting (not too bright and not too dim)



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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Preventing Falls

Danger zones for falls are:

- Stairs
- Ladders
- Vehicles and equipment

Click on each for strategies to prevent falls.

#### Stairs

- \* Keep staircases clean and well lit
- \* Staircases should have sturdy handrails on both sides.
- \* When using the stairs, keep one hand free to hold the handrail,

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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Preventing Falls

Danger zones for falls are:

- Stairs
- Ladders
- Vehicles and equipment

Click on each for strategies to prevent falls.

#### Ladders

- Use a ladder of the height you need.
- Lock the spreader into position before climbing the ladder.
- Climb straight up and do not lean to either side.
- Hold onto the side rails with both hands while climbing up or down.

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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Preventing Falls

Danger zones for falls are:

- Stairs
- Ladders
- Vehicles and equipment

Click on each for strategies to prevent falls.

#### Vehicles and equipment

- Keep steps clean and dry.
- To board a vehicle, take a firm grip on a sturdy handle to pull up.
- Step down backward to get off the vehicle.

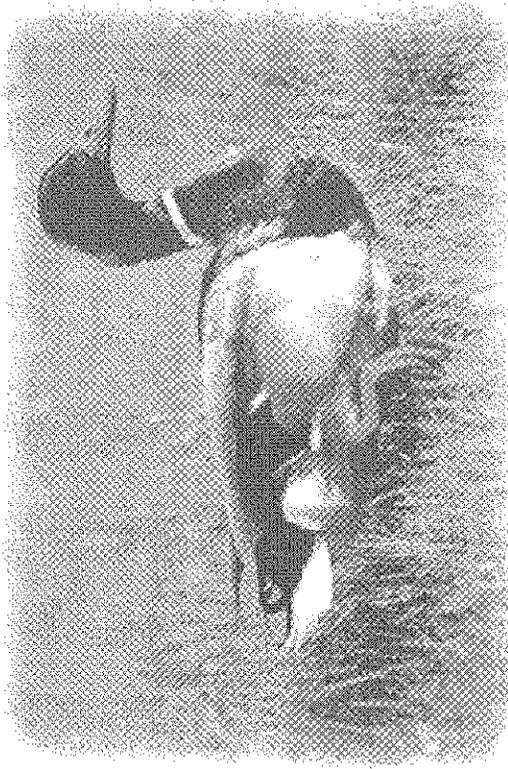
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## Rapid Regulatory Compliance: Clinical: Part II

### Slips, Trips, and Falls: Minimizing Risk

When conditions are hazardous (icy sidewalks, wet floors), avoid slipping and falling by walking like a duck:

- Keep your feet flat and slightly spread apart
- Point your toes slightly outward
- Take slow, short steps
- Keep your center of balance under you
- Make wide turns at corners
- Keep your arms at your sides
  - This gives additional balance.
  - It keeps your arms available for support if you fall.



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Wear appropriate footwear during the winter months.

## Rapid Regulatory Compliance: Clinical: Part II

### Latex Allergy: Screening and Diagnosis

Latex allergy means sensitivity to contact with certain proteins in latex.

Latex allergy is becoming more and more common. Most reactions to latex are mild. But some can be life-threatening.

Screening questions provide good tools for identifying patients at risk for latex allergy. This can help prevent future problems.

Review the questions in the table to the right.

If a patient answers "yes" to one or more of these questions, the patient may be at risk for latex allergy.

A careful and thorough medical history and physical exam should be performed.

For a more definitive diagnosis of latex allergy, tests that measure blood levels of anti-latex antibodies may be ordered.

### LATEX ALLERGY SCREENING QUESTIONS

#### Surgery

Have you ever had an unexplained problem during surgery?

#### Dental Exams

Have you ever experienced breathing problems during a dental exam?

#### Balloons

Have you ever experienced swelling or wheezing when blowing up balloons?

#### Food Allergies

Are you allergic to any foods, especially bananas, avocados, or kiwis?

#### Medical Exam/Condoms

Have you ever developed a rash or discomfort after having a medical exam or using a condom?

#### Allergy /Skin Problems

Do you have a history of allergy or skin problems?

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See Policy FA-La.1 *Latex Allergy* in the HAM Manual for additional information.

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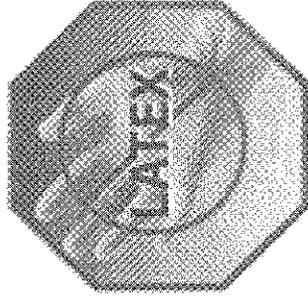
### Latex Allergy: Management

Anyone who is allergic to latex should avoid latex products.

To help protect a patient from exposure to latex in the healthcare setting:

- Clearly indicate "latex allergy" in the medical record.
- Do not use any latex products, including latex cleaning gloves, in the patient's room.
- Before entering the patient's room, remove latex gloves. Wash hands thoroughly with soap and water.

# STOP!



**LATEX ALLERGY**

**NO LATEX RUBBER GLOVES**

**NO LATEX RUBBER PRODUCTS**

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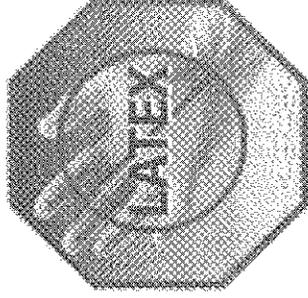
### Latex Allergy: Management

Healthcare workers are at elevated risk for latex allergy.

If you are allergic to latex:

- Inform your employer.
- Encourage your facility to provide as many latex-free products as possible.
- Use silk or plastic tape instead of adhesive tape.
- Use non-latex gloves only.

# STOP!



## LATEX ALLERGY

- NO LATEX RUBBER GLOVES
- NO LATEX RUBBER PRODUCTS

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## Rapid Regulatory Compliance: Clinical: Part II

### Hazard Communication

To protect workers from exposure to hazardous chemicals, the following groups of people have hazard communication duties:

- Manufacturers
- Employers
- Employees

Click on each for a review of key duties.

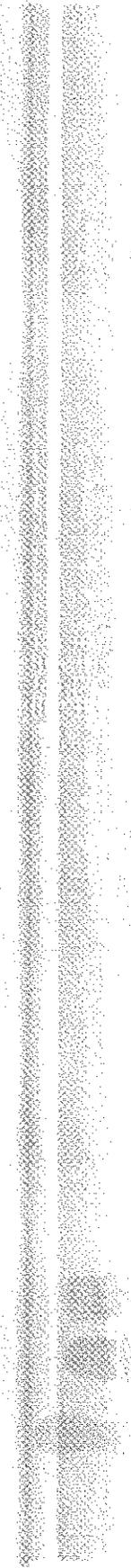
#### Manufacturers

Manufacturers of hazardous chemicals must:

- Research, create, and distribute a material safety data sheet (MSDS), which lists the specific hazards of the chemical
- Label all containers of hazardous materials with the name of the product, appropriate hazard warnings, and the name and address of the manufacturer

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## Rapid Regulatory Compliance: Clinical: Part II



### Hazard Communication

To protect workers from exposure to hazardous chemicals, the following groups of people have hazard communication duties:

- Manufacturers
- Employers
- Employees

Click on each for a review of key duties.

#### Employers

Employers whose employees work with hazardous chemicals must:

- Maintain a file of MSDS's for all hazardous chemicals used by workers
- Inspect incoming chemicals to verify proper labeling. If a chemical is transferred to an unlabeled container at the facility, the new container must be labeled appropriately.
- Train employees in the use of hazardous chemicals

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## Rapid Regulatory Compliance: Clinical: Part II

### Hazard Communication

To protect workers from exposure to hazardous chemicals, the following groups of people have hazard communication duties:

- Manufacturers
- Employers
- Employees

Click on each for a review of key duties.

#### Employees

Employees who work with hazardous chemicals must:

- Know which hazardous chemicals are used in their work area
- Know where MSDS's are located on their unit
- Know how to read an MSDS
- Read all relevant MSDS's before starting a job that may require the use of a hazardous chemical
- Read product labels carefully. Follow all instructions. Heed all warnings.
- Attend all required hazardous chemical training sessions

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### **Material Safety Data Sheets**

Hospital Sisters Health System (HSIS) contracts with 3E Company to supply MSDS to its facilities when they are needed. Each department is responsible for keeping a current list of all chemicals used in the department. When a new chemical is added, the department must notify the Environmental Services Department, who will ensure that MSDS for the product is on file at the 3E Company.

Any employee wanting information on a chemical substance can contact the 3E Company 24-hours a day and have MSDS faxed to them immediately.

1. Dial 1-800-451-8346

2. Have the following information available:

- product name and number
- Manufacturer name
- UPC code (if available)

3. Give the number of the fax machine to which you would like the MSDS sent.

OSHA Mandates that all containers be labeled with their contents. St. Nicholas Hospital uses the Hazardous Material Identification Group (HMIG) labeling system. Contact Plant Services for labels.

### **Respiratory Protection Program**

The Respiratory Protection Program at St. Nicholas Hospital provides protection for employees from possible exposure to occupational diseases caused by infectious agents such as tuberculosis or other harmful agents such as chemicals. Initially, a medical questionnaire per OSHA guidelines must be completed by the employee to determine if an employee is medically fit to wear a protective respirator. The questionnaires are issued to employees by the Employee/Occupational Health Department on employment and when recommended per the Licensed Health Care Practitioner for persons fitted with an N95 or other covered respirator. After being approved medically, the employee is referred to the Respiratory Fit Test Trainer to be fitted and trained in wearing a respirator

or is trained in the use of the High Efficiency Powered Air Purifying Respirator (PAPR). Once an employee is fitted for a respirator, there is a requirement for annual fit testing thereafter and more frequently if the following occurs:

1. Facial surgery/injury
2. Weight changes (particularly loss) greater than 20 pounds
3. Growth of facial hair
4. Using N95 respirator for agents other than TB

Please contact Occupational Health at Ext. 5176 if you experience any of the above once fitted for a respirator.

See HA-Re.10 *Respiratory Protection Program* for additional information.