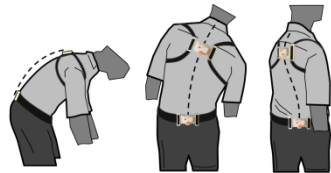


# ***Preventing back injury in healthcare:*** **Developments in patient handling and coaching tools**

**CRE-MSD Healthcare Conference**  
**October 26, 2015**

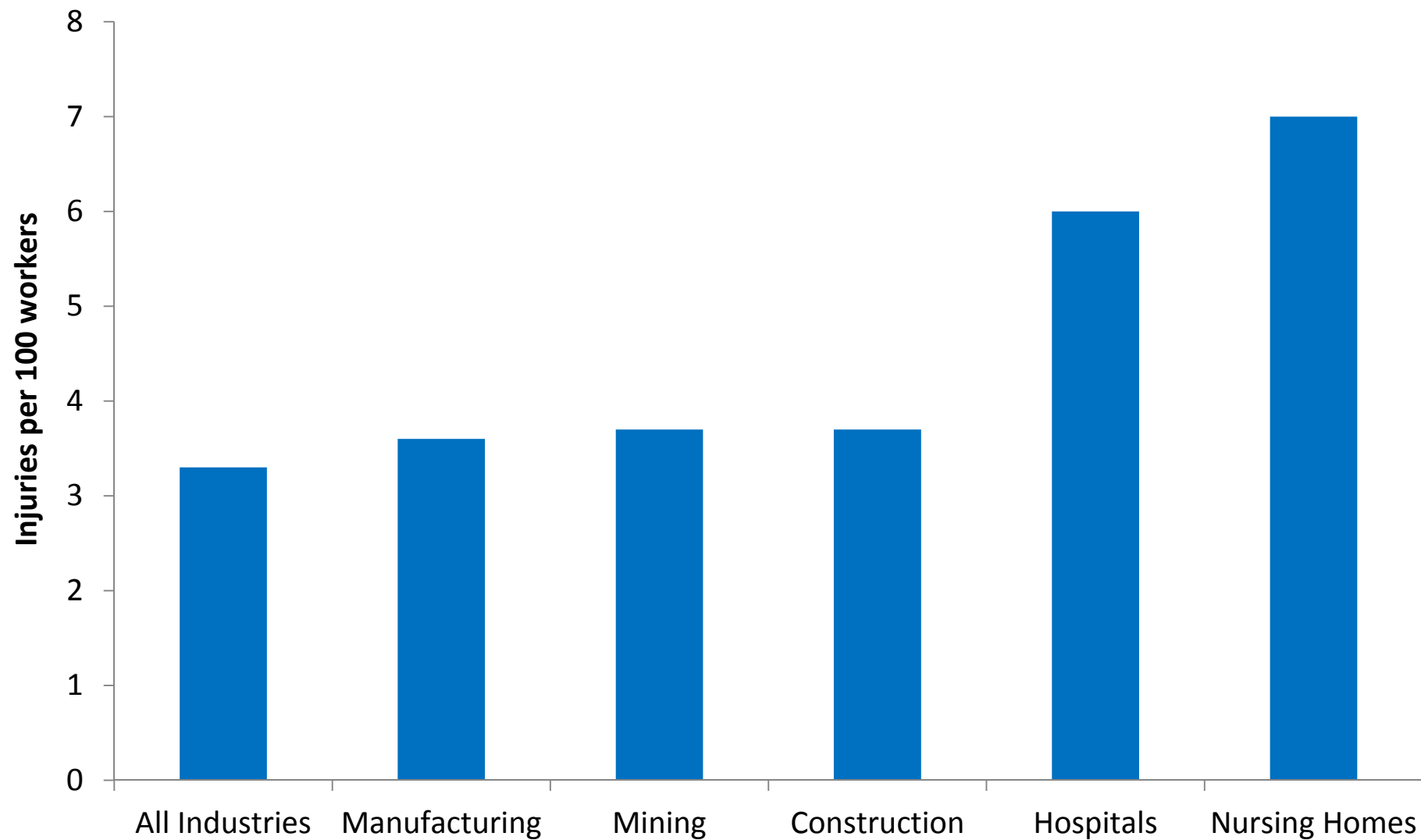


**T Dutta**, E King, A Longfield, P Holyoke, F Orozco, A Mezil, A Parahoo, R Abachi, T Kajaks, G Fernie

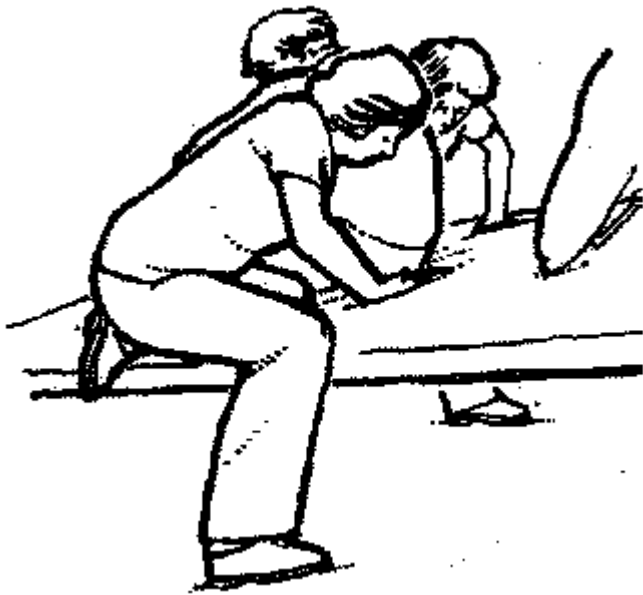
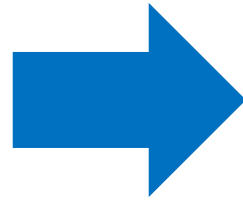
Home and Community and Institutional Environments Team

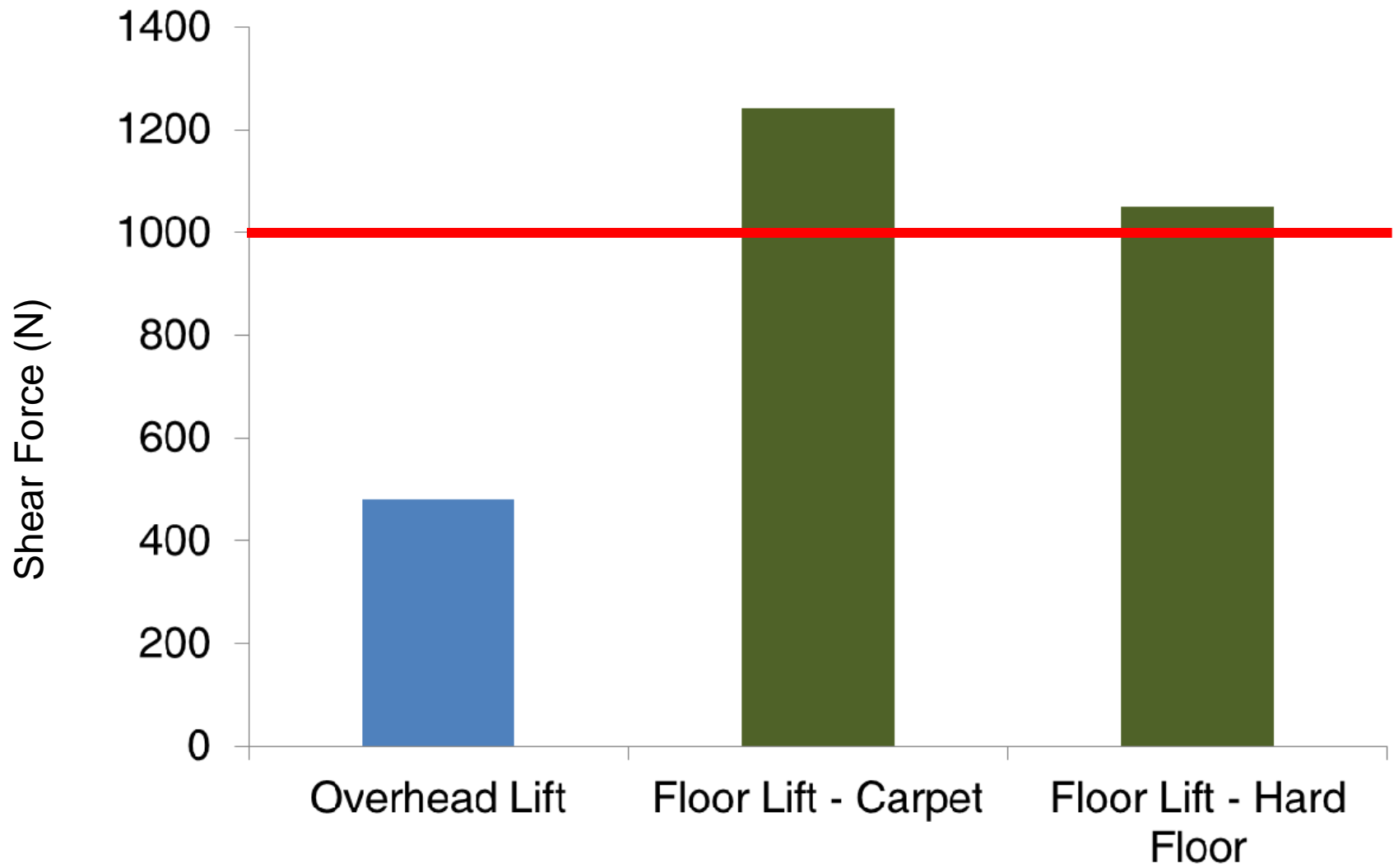
Toronto Rehabilitation Institute – University Health Network

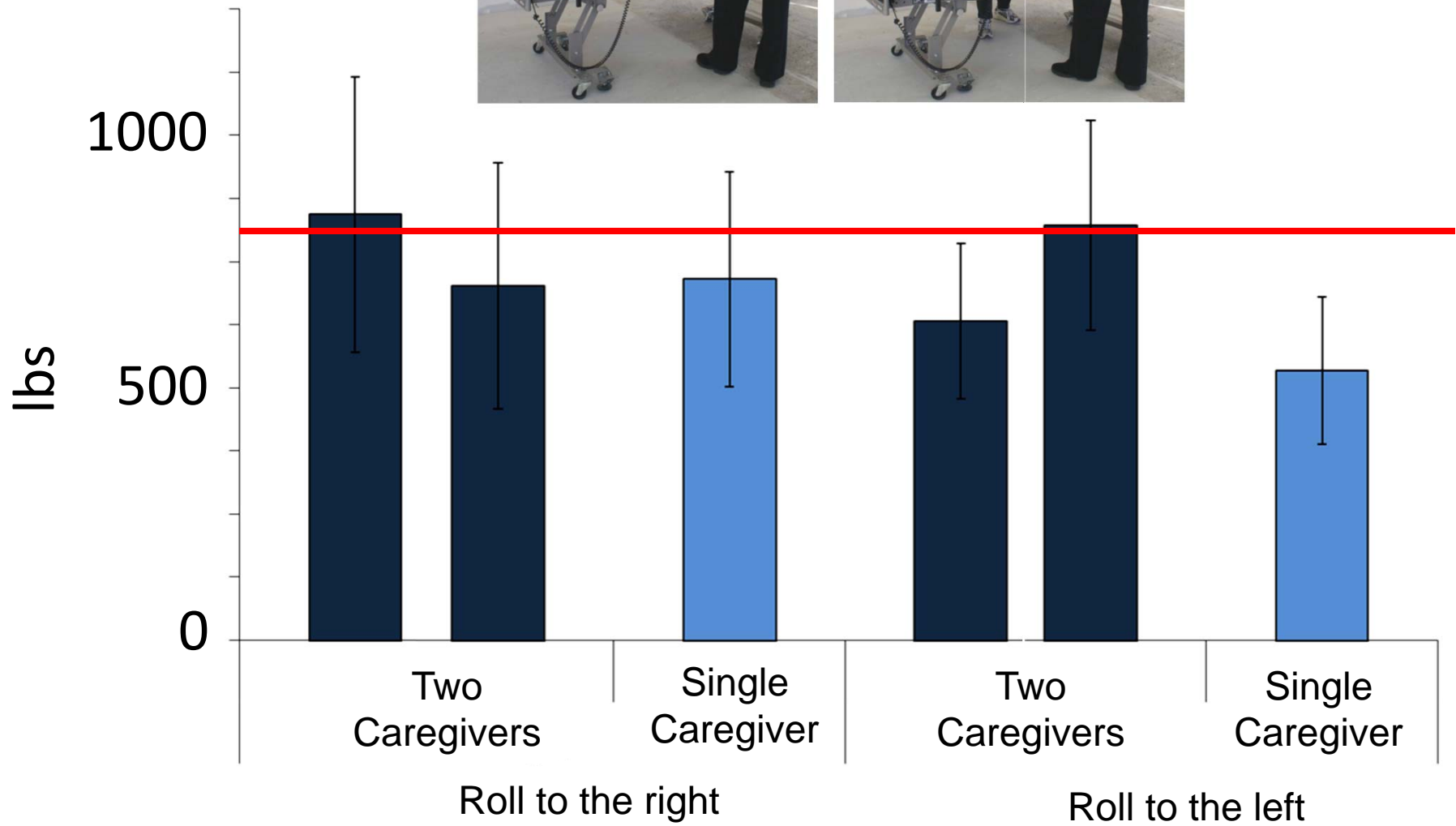
## Nonfatal Occupational Injuries



BLS, 2013





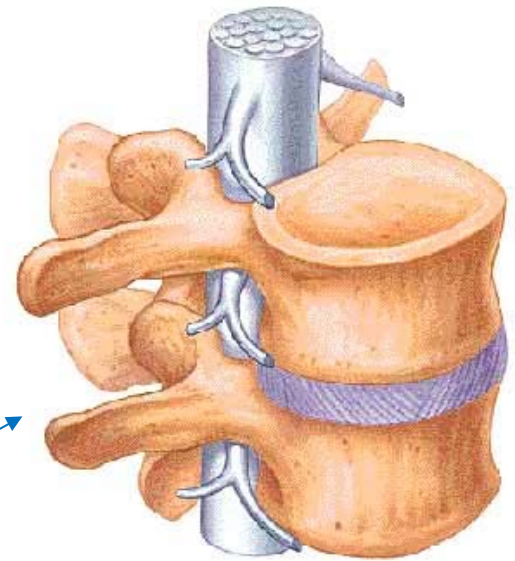
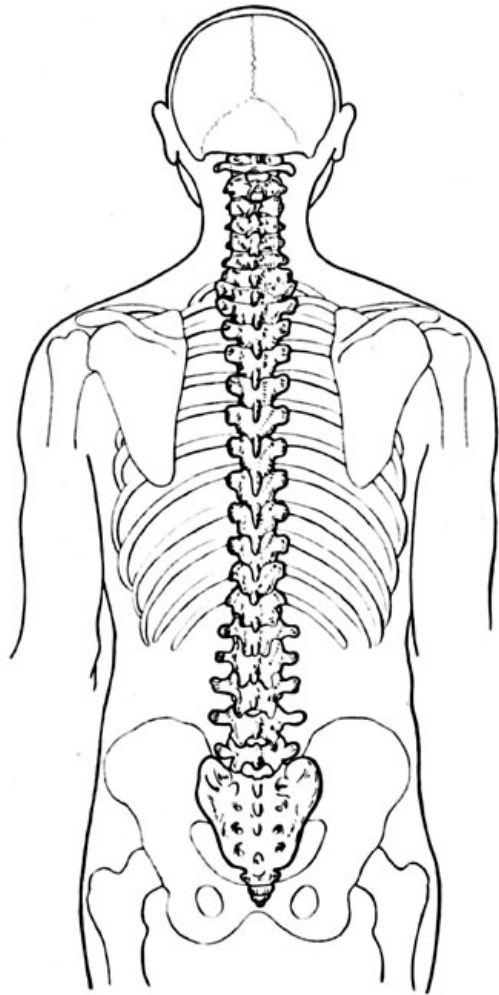


# Preventing back injury

- *Coaching/training*
  - *SafeBack*
  - *PostureCoach*
- *Tools*
  - *RoboNurse*
  - *SlingSerter*
  - *MoveEasy/StandEasy*

**Care for yourself**

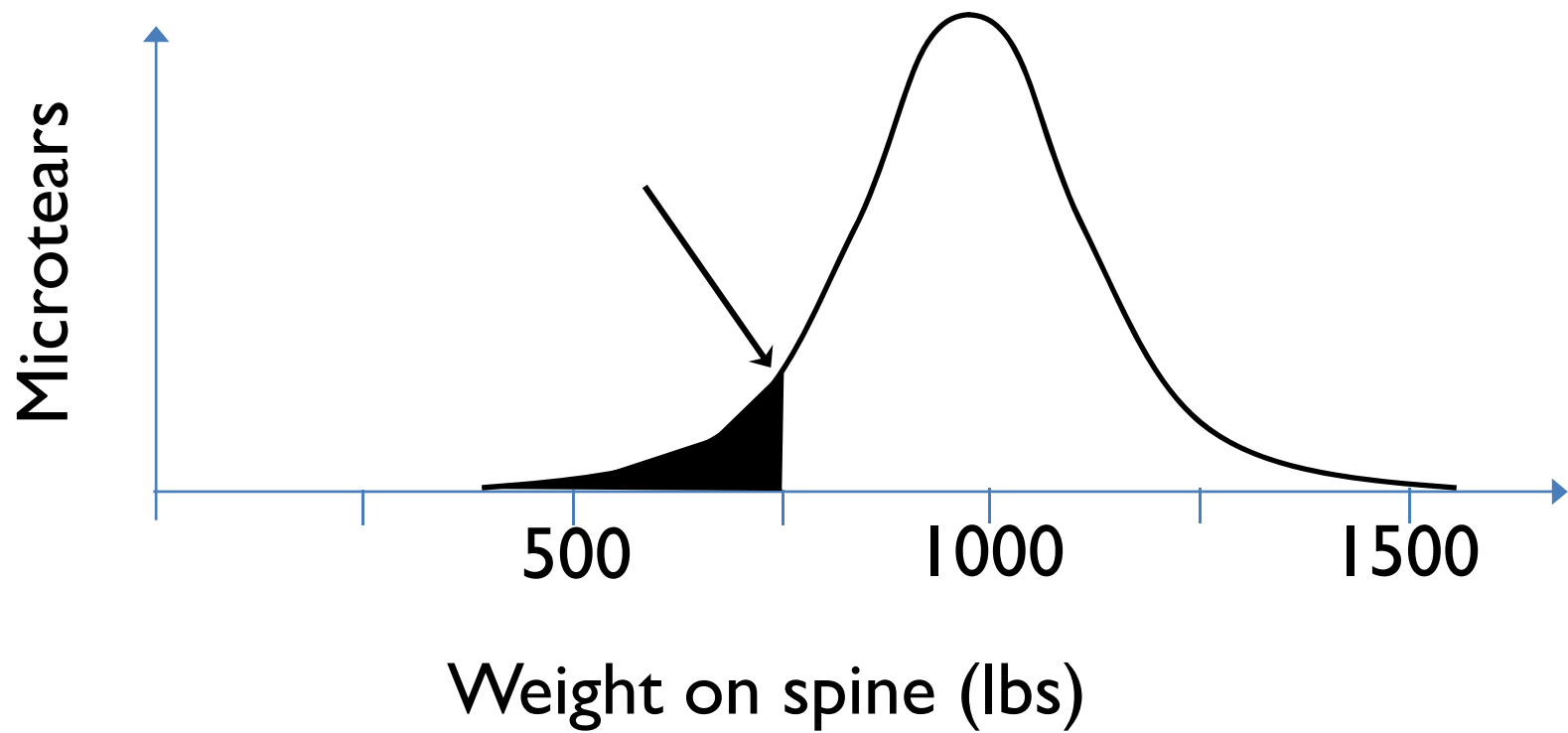
**so you can care for others**

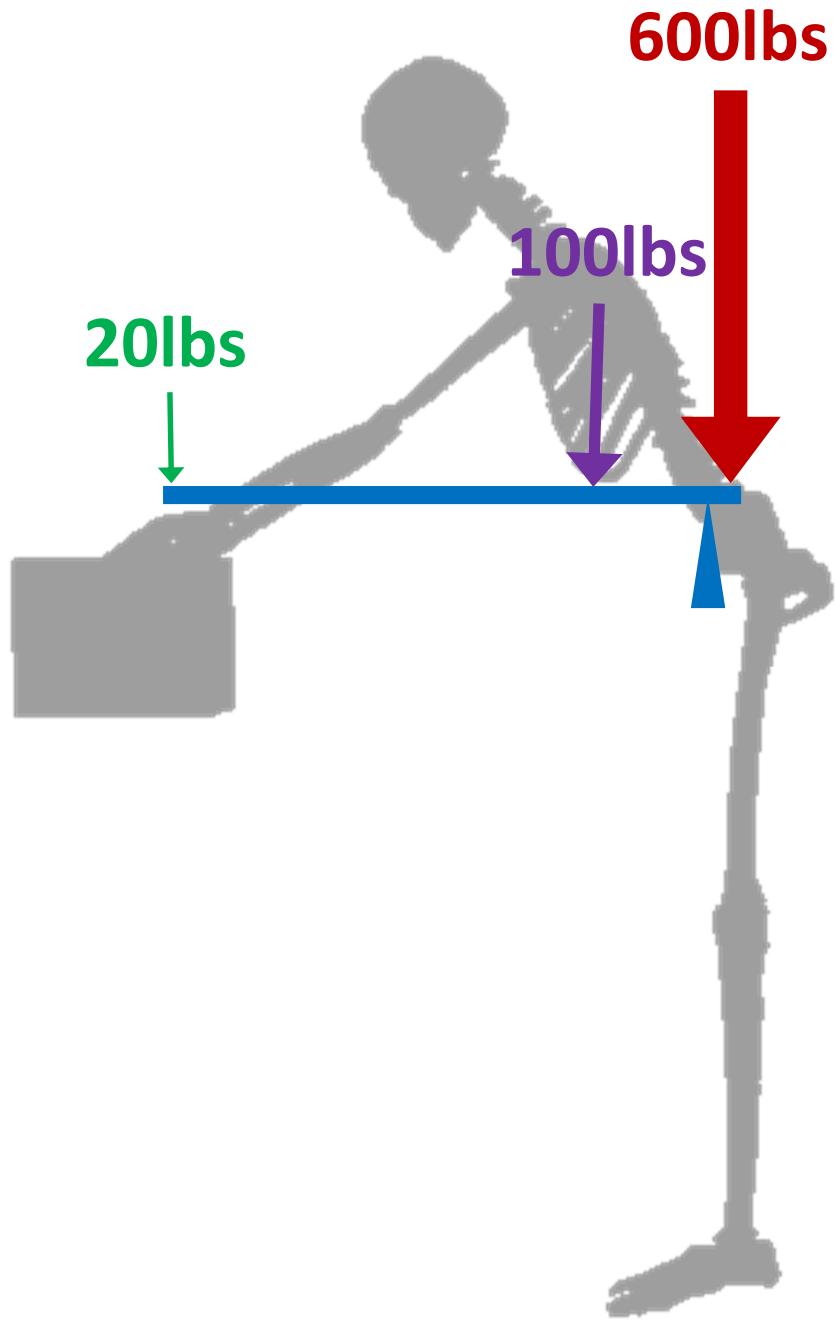


[PreventBackInjury.org](http://PreventBackInjury.org)



We begin to see microtears at **750lbs**



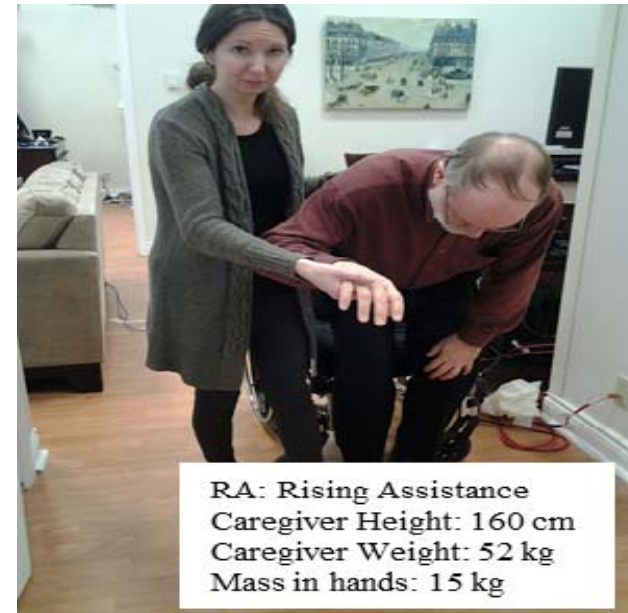


$$\text{Total} = 600 + 100 + 20$$

**Safe limit = 35lbs**



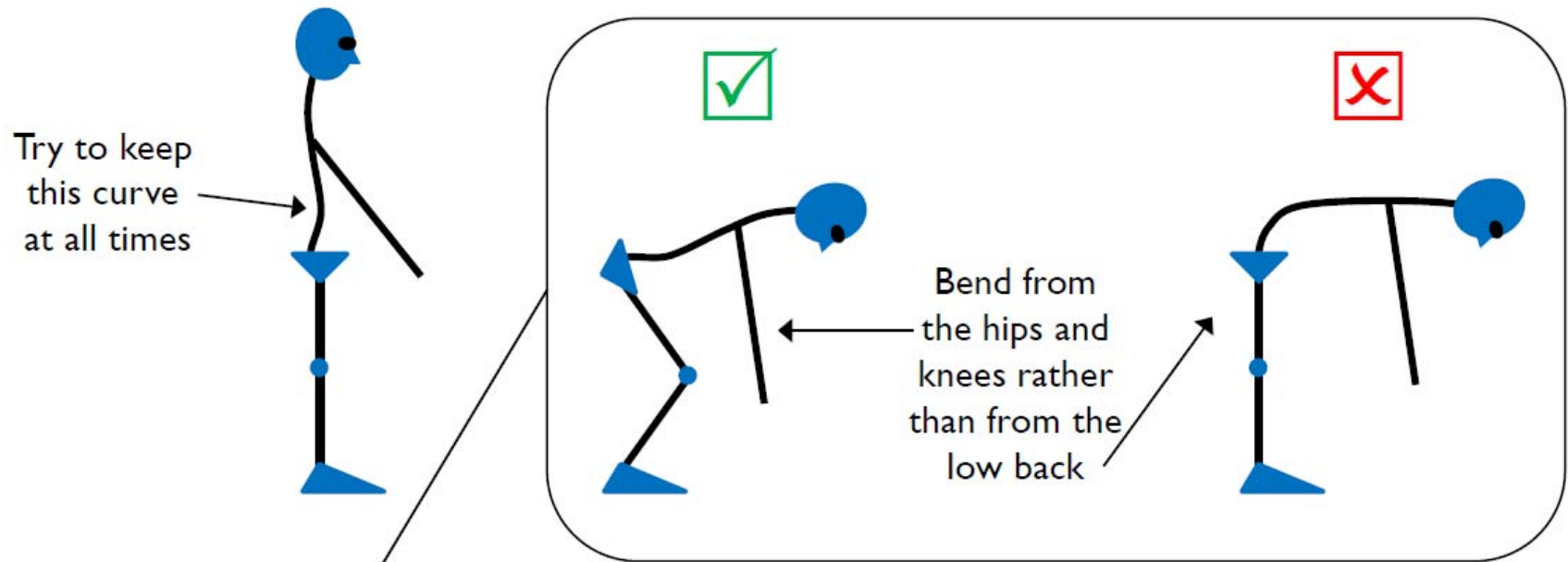
Felipe Orozco, Mark Semple



Amanda Longfield



Emily King



- **Stick your bum out**



- This keeps the joints in the vertebrae together supporting the loads rather than putting all the weight on the discs



*Keep the curve in your lower back*

[preventbackinjury.org](http://preventbackinjury.org)



*Are you spending your bending wisely?*

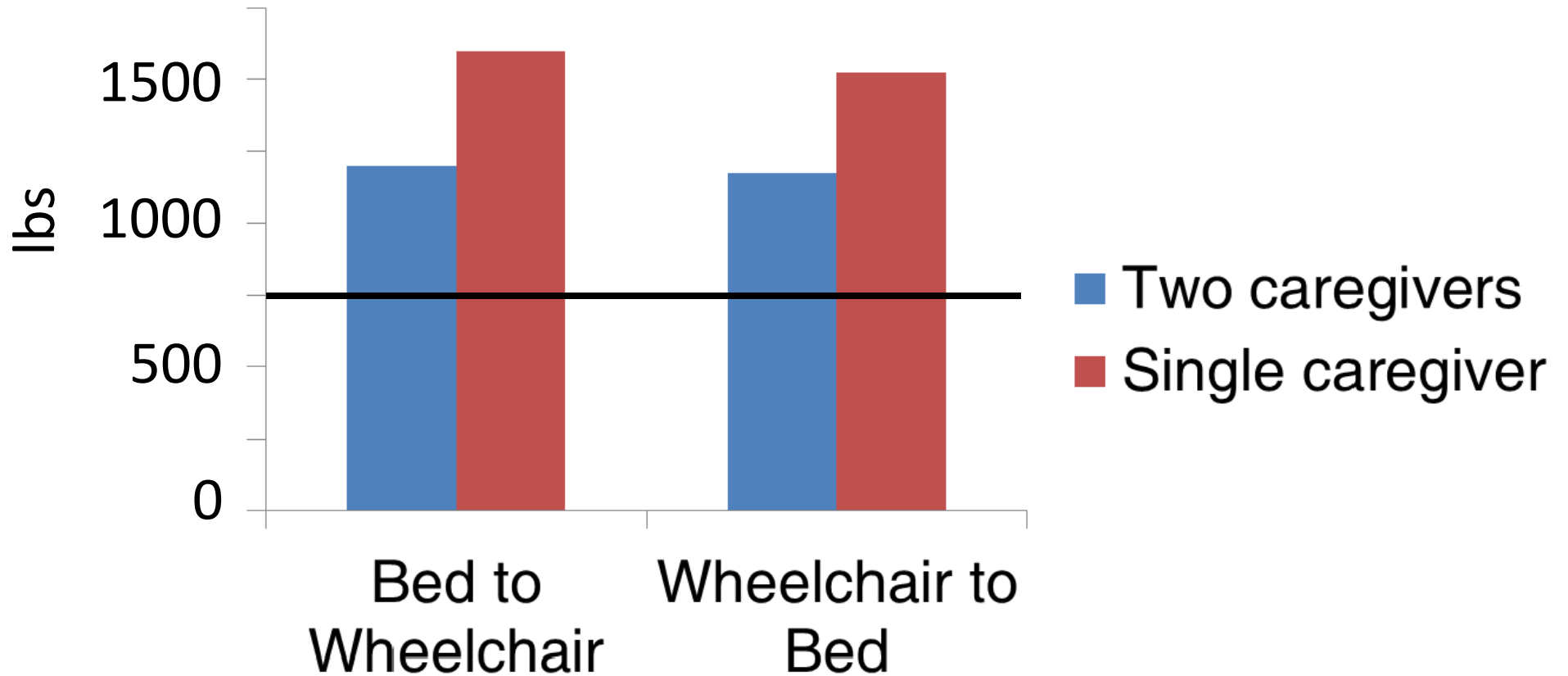
# Posture Coach

Demo





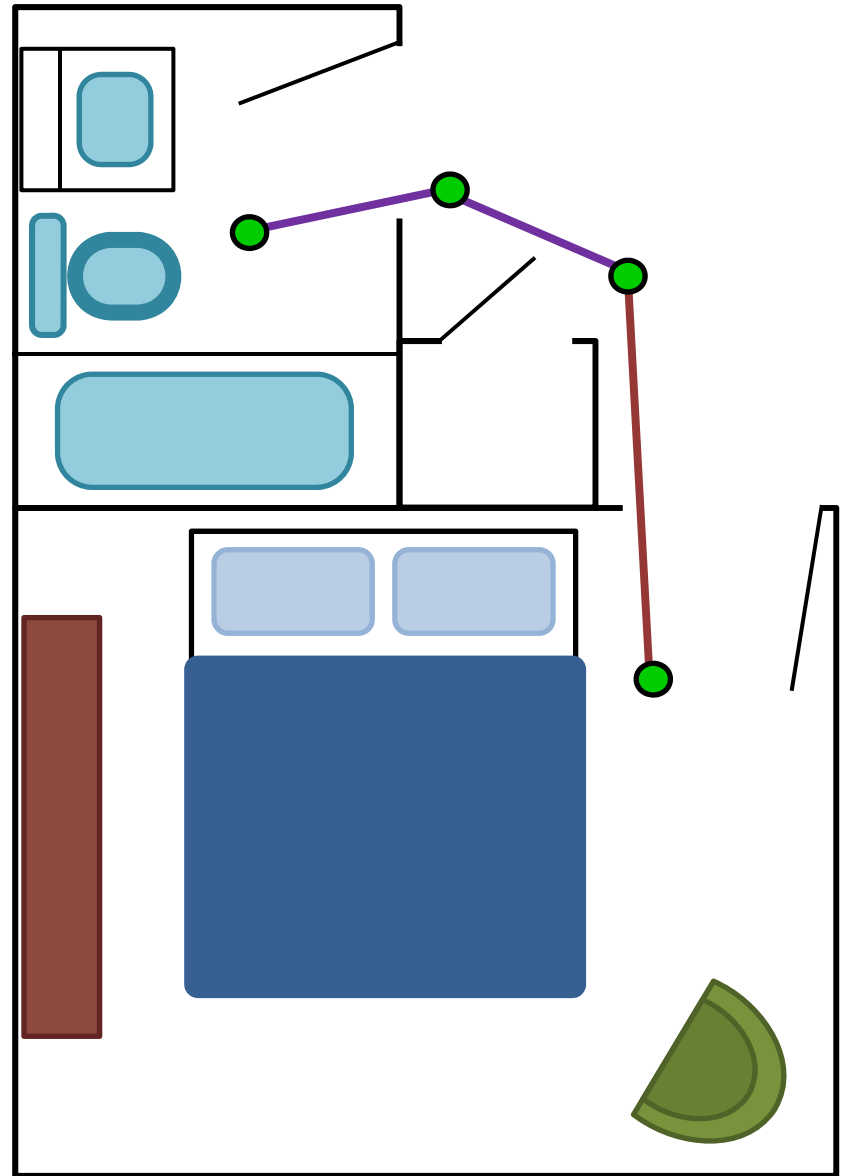
# Manual Patient Lifting Activities











Vicki Komisar, Emily King



# TRI Home and Community Team

HOME

PRODUCTS

PROJECTS

PEOPLE

LABS

APPLY

BLOG



## Projects



**[TRIHomeAndCommunity.com](http://TRIHomeAndCommunity.com)**

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