



EZ Way, Inc.

*“Your Total Safe Patient
Handling Partner”*



A Patient's Guide to Safe Patient Handling

What is safe patient handling?

It is a program that uses specialized equipment to protect you and your caregivers from injuries caused by your caregivers manually transferring, lifting, or repositioning you.

How does it help me?

Your quality of care and your experience improves when we practice safe patient handling. You may experience:

- Fewer falls
- Increased mobility, which can reduce your length of stay
- A significantly more comfortable and secure feeling when being moved from one place to another
- An enhanced sense of dignity, leading to increased satisfaction
- A decreased risk of bedsores and urinary dysfunction
- The ability to participate in more activities
- More importantly, an improved quality of life

How does it help my caregivers?

Safe patient handling equipment helps those who care for you too by:

- Protecting them from back, neck, and shoulder injuries
- Making them feel comfortable knowing you are being moved safely

How does it work?

Caregivers use equipment to help lift and move you from one place to another such as from the bed to the bath, or from a bed to a chair.

Full-body lifts are designed to lift and transfer you completely from one surface to another surface. These lifts can be mobile floor lifts (FIG 1) or ceiling lifts (FIG 2) which are fixed to the ceiling of the room. You are placed in a comfortable sling which keeps you safe during the move. Our lifts are operated using battery power to raise and lower you from surface to surface.

Powered sit-to-stands (FIG 3) are used when you can stand, but need some help getting up and remaining up. A comfortable harness is wrapped around your waist like a belt and connected to the Sit-to-stand. This helps lift you to a standing position, and holds you securely in place so you don't fall. You can then be moved from one surface to another and lowered back down to a seated position. Smart Stands will also be used by your physical therapist so you can walk or do other therapy exercises while remaining comfortable and safe from falling.

A non-powered, sit-to-stand (FIG 4) called a stand aid can be used if you have the strength to pull yourself into a standing position. After standing up, a comfortable folding seat is placed behind you to let you sit while you are moved from one surface to another.

“Your Total Patient Lift Solution”

Don't take our word for it. Read these stories from patients like you who used safe patient handling equipment.

These stories were collected by Lisa Murphy, RN, BA, BSN, who is nursing service collateral duty safety officer/SPH facility coordinator at Jesse Brown VA Medical Center in Chicago.

Rehab medicine. The physical therapist used an ambulation sling with ceiling lift for a patient who was rehabilitating after a stroke. The patient reported less fear during walking sessions, and progressed much faster in his therapy. In fact, he did not want to stop his therapy. This patient, who was initially not walking, eventually went home climbing stairs with a cane.

Oncology unit. A patient came in so weak that a full-body lift was required to place him in a chair. After a couple of days, he asked staff to stand him up, so they used a sit-to-stand. After using it, the patient requested the sit-to-stand often because he liked being up out of the wheelchair. He eventually went home with a walker because he was able to gain back strength using the sit-to-stand.

Surgery unit. During an equipment trial, a non-powered sit-to-stand was used to assist a patient around his room and into a wheelchair. He said it helped him build strength in his arms and legs.

Intensive care unit. A bariatric surgery patient asked to use the sit-to-stand for walking and said it gave him a greater sense of security when he first got up after surgery.

Nursing home. A nursing home resident had severely rigid joints, making it extremely difficult for him to be manually lifted and moved to a chair. He was rarely moved out of bed, worsening not only his physical condition but also his quality of life. The situation improved after ceiling lifts were installed; almost every day thereafter, the resident was moved into a chair.



FIG 1



FIG 2



FIG 3



FIG 4

