

Our catalogue number	Occupation	Task	Module name	Ergo work strategy
24-003 HC	Resident/patient handling	Repositioning	Point your toe the way you want to go	Caregivers assist residents with limited mobility with transfers and repositioning. Repositioning a resident using a slide sheet is easier than lifting the resident, but it requires a sideways pull. In this direction, the arms are not very strong, so we need to use the best possible body position.
24-005 LTC	Resident/patient handling	Bathing	It's ideal to kneel when bathing residents	Long-term care workers wash and bathe residents. Bending for this task takes a lot of effort for the lower back muscles. Kneeling in the bathtub can reduce this load.
24-008 PARA	Paramedics	Standing from squat position	Stand up using helping hands	Paramedics often kneel when attending to a patient, administering treatment, assessing injuries or performing CPR. When they stand up from a kneeling position, they may lose their balance, or strain their knees. Using their hands as support while standing up can improve stability and reduce strain and effort.
24-009-LAUN	Laundry	Unloading washer	Face the washer to remove laundry	Workers commonly reach sideways to transfer laundry from the washing machine to a wheeled bin. This twist puts significant strain on the back. Facing the laundry while removing laundry eliminates the twisting demand and reduces the effort for the back.
24-011 LAUN	Laundry	Unloading washer	Don't overpack the washer	A common practice is to load the washing machine until no more items can fit. When the wash has finished, pulling clumps of towels from an overloaded machine can require 17 kg of pull force. If the machine is not packed as full, pulling clumps of towels requires only 12 kg of effort.
24-013 LAUN	Laundry	Lifting linen bags	Shift to a golfer's lift	When retrieving a bag from a large bin, bending without support can put a lot of strain on your lower back. Placing one hand on the bin supports the weight of your body, giving the back muscles a rest. while Extending one leg back helps you to keep your back straight.
24-014 LAUN	Laundry	Unload washer	Alternate sides when loading and unloading laundry	When unloading laundry, workers typically stand facing the same way and reach using the same hand, throughout the shift. For one load, a laundry worker may reach into the dryer 60 times with one hand . By alternating sides periodically, you give the reaching arm a break.
24-030 HC	Resident/patient handling	Removing resident from confined position	Use a slide sheet when moving residents on the floor	Pulling a resident from a confined space on the floor can require a lot of back and arm strength. After wrapping a blanket, sheet, or sling around the resident, fold a slide sheet in half and place it below the resident, to reduce the effort and make the pull easier .
24-031 HC	Resident/patient handling	Removing resident from confined position	Get a grip when pulling residents	When sliding a resident on the floor using a blanket or sheet, having a good grip can be difficult. Wrap the ends of the cloth around your hands or wrists to improve the grip and make the pull easier.
24-035 HC	Resident/patient handling	Showering resident	Boost the shower chair with your foot	When pushing residents over the bump before showering/bathing, use your foot to assist you and divert the load from your arms
24-036 HC	Resident/patient handling	Resident handling	Distract and act	When providing care to residents or assisting with lifts or transfers; residents may be resistant to assistance by a PSW. By providing residents with a distraction (e.g. object in the hand, talk to the resident, playing music), the PSW can distract the resident, making it easier to provide assistance.
24-037 HC	Resident/patient handling	Adjusting wheelchair footrest	Squat to adjust wheelchair footrests	Care providers frequently have to raise, lower, reattach or remove the footrests on residents' wheelchairs. If the PSW bends over to do this, it makes the task more demanding on the muscles of the back and arms. Squatting or leaning on the armrest of the wheelchair requires less effort!

24-038 HC	Resident/patient handling	Repositioning	Step, don't twist when repositioning a resident	When repositioning residents up or down in the bed, it may be faster to twist the body. However, stepping in the direction of the reposition can make the task much easier on the worker's lower back!
24-041 HC	Resident/patient handling	Repositioning in wheelchair	Remove obstacles before repositioning residents	Repositioning a resident in a wheelchair is challenging for the worker behind the resident - the resident is low and the wheelchair handle is in the way. Folding the wheelchair handlebar down allows the worker to get closer to the resident, making the task easier.
24-042 HC	Resident/patient handling	Assisting residents who have fallen	Let the resident help	Residents occasionally fall to the floor and get stuck between the toilet and wall. Pulling the resident out from this position can require a lot of back and arm strength. Encouraging a resident who is capable to slide out from the constrained location and greatly reduce the strain.
24-043 HC	Resident/patient handling	Patient care	Raise the bed for light tasks	Adjusting the bed to the appropriate height for light work can reduce the effort by about one third, in comparison to common practice of bending to perform these tasks.
24-079	Paramedics	Assisting patients who have fallen	Use a blanket as a handle	Getting a good grip can be challenging when extricating a patient from an awkward position, such as when trapped between a toilet and a wall. The paramedic has to reach, twist, and use an awkward grip. To make this task less strenuous, paramedics can wrap a sheet or blanket behind the patient's back and under the arms and pull on the ends of the sheet from a stronger body position.
24-007 PARA	Paramedics	CPR	Get close during CPR	Patients requiring CPR are often found in confined or awkward positions when paramedics arrive. The common practice is to begin performing CPR immediately, even if paramedics must perform CPR with long reaches and awkward postures. Pushing down with a long reach will cause fatigue, and that fatigue may prevent the paramedic from applying effective compressions. By repositioning the patient or removing obstacles, the paramedics can improve their body posture and reduce the effort required to perform CPR.
24-070	Paramedics	Manual handling - bags	Grab'n'Go	Retrieving the equipment bag after you exit the ambulance can require a heavy, one-handed lift at a long reach. If you retrieve the bag while standing inside the ambulance means that the bag is lifted from a better height and reach. Placing the bag on the stretcher avoids climbing down from the ambulance while carrying a load.
24-071	Paramedics	Stair transfer	Use stair chair instead of stretcher for short flights of stairs	Transporting a patient up or down stairs using a 2-person carry or a stretcher is very demanding. For calls at homes with only a few stairs, using the stair chair instead of a stretcher can avoid these tasks.
24-076	Paramedics	Patient transfer	Slip'n'slide	Transferring a patient between stretchers can require a lot of force, even when using a sheet. A slide sheet can greatly reduce the effort.