

Unit 2 Lesson 3 Body movement risk factors

Use this checklist to help you understand what kinds of body movements and positions can lead to back injuries. Read each type of stressful body movement listed below. Think about how many times each day you have to do this activity.

Body Movement	Seldom (One to three times per day)	Often (Four to ten times per day)	Very often (eleven times or more per day)
1 Twist your body while lifting, carrying, or positioning a patient.	—	—	—
2 Lift more than 50 pounds.	—	—	—
3 Reach above your shoulders to get something.	—	—	—
4 Pick up something weighing over 20 pounds from the floor.	—	—	—
5 Grip tightly with your hands a belt, sheet or article of clothing in order to pull, lift, or reposition a resident.	—	—	—
6 Sit in an awkward position for more than 15 minutes.	—	—	—
7 Stand still in an awkward position.	—	—	—
8 Lift something that is more than one foot away from your body.	—	—	—
9 Lift something that is more than one foot away from your body with a bent back.	—	—	—
10 Transfer a combative resident.	—	—	—
11 Lift something heavy above the height of your chest.	—	—	—
12 Stoop or bend over to perform a job task.	—	—	—
13 Lift using just one side of your body.	—	—	—
14 Transfer a resident who cannot bear weight without the use of equipment or the help of a co-worker.	—	—	—
15 Transfer a resident who cannot bear weight without the use of equipment but with the help of a co-worker.	—	—	—