



Home Health Aide On-the-Go In-Service Lessons: Vol. 5, Issue 9: Safe Transfers (Home Health Aide on-the-Go in-Service Lessons, Volume 5)

HCPPro, Inc., Beacon Health

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This lesson on Safe Transfers includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. **LESSON OBJECTIVES** Upon completion of this program, the home health aide will be able to: Describe different types of movement with which an aide may assist, the risks of injury, and safe methods for carrying out the movement. Identify the primary type of injury an aide might experience when transferring or lifting patients, and List three types of equipment an aide might use to help transfer or lift a patient. **OVERVIEW** Back injuries are the major cause of work related injury and lost work for health care workers. Home health aides are particularly prone to such injuries, because their work with patients involves frequent lifting and moving. Their work is also likely to be with the most dependent patients. Since movement is part of every activity, its risk is often overlooked. Following simple guidelines and maintaining awareness can make a big difference in patient and employee outcomes. Good body mechanics, maintaining a safe environment, and knowledge of appropriate equipment can help protect the patient as well as the aide. This in-service offers a summary of each of those, as well as practical guidance on the aide s role.

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