

Safe Patient Lifting *in a Hospital*

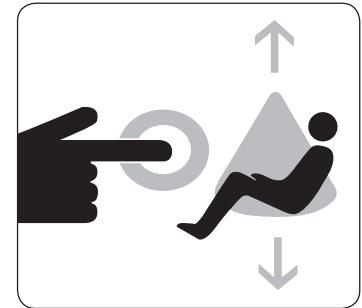
What is safe patient lifting?

“Safe patient lifting”— often called “safe lifting and transfer”— refers to practices that help us move and reposition patients in a way that’s safe and comfortable for our staff and for you, our patient. At Intermountain, safe lifting specifically means:

- **We use advanced patient-handling equipment,** such as sling lifts, transfer chairs, and slide boards.
- **We follow safe lifting guidelines** proven to help prevent injuries.
- **We have an awareness campaign to inform patients and families about safe lifting —** and to remind our staff of the need to practice safe lifting at all times. This fact sheet is part of this campaign, as are the signs you may see posted around our facility showing the logo at the top right side of this page.



All Intermountain facilities are “*Safe Lifting and Transfer Environments.*”



Why is it needed?

Healthcare workers have a high rate of back, knee, shoulder, and other joint pain. The most commonly reported cause of this pain is injury from lifting and transferring patients.

Studies show that safe lifting practices can dramatically reduce staff injuries. They can also increase patient comfort and safety. Both of these goals are important to us. For these reasons, all Intermountain facilities are now “Safe Lifting and Transfer Environments.”

What can I do to help?

You can support our commitment to safe lifting in these ways:

- **Expect that we’ll use equipment to move or reposition you, rather than lift you with our arms alone.** Although this may seem impersonal or cumbersome, please remember that it’s for everyone’s safety and comfort.
- **Follow the advice of your healthcare providers about moving or repositioning.** If you’re able to move yourself safely, we’ll probably ask you to do so. If we’re using a lifting device or other aid, please follow our instructions regarding the equipment.
- **Speak up if you think safe lifting practices aren’t being followed.** We can all use a reminder — and we appreciate your help in supporting safe care in our facility.