



The TLR workshop was held at the Delta Regina with just over 120 attendees, including the provincial TLR instructors and representatives from vendors of safe patient handling equipment. The overall focus of the workshop was to help with further understanding the importance of applying good posture and safe body mechanics when using equipment designed to move objects and people (e.g., clients, residents, patients). The TLR enhancements, scheduled to be released January 2017, were also incorporated into each of the concurrent sessions.

The workshop started with an overview of the TLR enhancements:

- Additional emphasis is being placed on the assessment process of self, environment, equipment, object and client.
- The TLR *In the Moment* risk assessment reinforces the assessment process to assist in a safe move.
- The Specialized Client Mobility Assessment includes the process and offers templates to document and communicate the assessment results, including the specialized technique.
- *Leading TLR* is a new educational component focusing on assisting supervisors to help workers apply TLR to day-to-day work.

Four concurrent sessions were offered:

- Moving Manageable Objects;
Pushing/Pulling Wheeled Equipment
- Client Moves when Sitting
- Client Moves when Lying
- Total Lift - application/removal of slings/harnesses

The vendors participated by providing an overview of their equipment and devices that were utilized in the concurrent sessions.

On the Job Re-evaluation was presented by Sherrie Glister, Kelsey Trail Health Region. Sherrie spoke to the importance of helping workers transfer the classroom learning to the worksite and job tasks. For

a period of time during the day, and in certain work areas, a TLR trainer accompanies a worker to ensure proper application of the TLR assessment process, effective communication and appropriate safe body mechanics and techniques are utilized. Sherrie indicated this is a process that has benefits as well as challenges. To date the health region has seen this process as effective and workers have the opportunity to ask questions and advance their ideas to help in creating and maintaining a safe work environment.

The workshop incorporated a fun challenge to aid in understanding the effectiveness of positive coaching which is the basis of *Leading TLR*. A number of participants coached and mentored others and then entered their name in a draw that took place at the end of the day.

Workshop evaluations indicated the participants enjoyed the day overall, were pleased to be able to network and thoroughly appreciated the vendors participation, displays and opportunity to have “hands-on” the equipment. Some suggested holding this event in Saskatoon, as well as timing the concurrent sessions to provide participants with the opportunity to attend each one.

On behalf of the staff at SASWH and the SASWH Board, thank you for your ongoing commitment to workplace safety. For more information on the TLR program or the workshop, please contact:

- Laura Beach: 306.570.2421, email laura.beach@saswh.ca
- Cory Ouellette: 306.545.5595, ext. 226, email cory.ouellette@saswh.ca
- Tyler Weber: 306.545.5595 ext. 225, email tyler.weber@saswh.ca
- Candice Jordan: 306.545.5595 ext. 221, email candice.jordan@saswh.ca
- Sindi Duncan: 306.545.5595, ext. 227, email sindi.duncan@saswh.ca

