

TLR Safe Work Practice - Client Moving**TLR Safe Work Practice - Client Moving**

Injuries may be eliminated or managed by ensuring the following:

- TLR utilizes the count process of “1-2-3 command”. The count consists of “1-2-3” followed by an appropriate command. It is important that all workers and the client understand that the move occurs **on the appropriate command word** and not on the count of 3. The count ensures that the movements of the worker, client and assistant/co-worker(s) are coordinated.
- use a transfer belt appropriately when indicated by the technique.
- instruct the client on appropriate hand placement to ensure the client does not grasp the worker around the neck, their clothing or any part of their body.
- apply the principles of safe body mechanics and ergonomics. For example, the worker:
 - considers eliminating or managing any significant difference of height/weight of workers in relation to the client or other workers.
 - moves their body in the direction of the move without rotating or twisting the spine.
 - maintains a neutral spine, tightening the abdominal muscles, bending at the hips and knees, and using the legs instead of the back.
 - assumes the stance that provides a safe, flexible base, ensuring that the body is balanced and the centre of gravity is over the feet. This stance prepares the worker for any unexpected movement and assists with momentum to perform the move.
 - works with gravity whenever possible.
 - uses appropriate equipment and adjusts it as needed (e.g., lower bed rails and position them out of the way when performing tasks).

As equipment evolves to assist with safe client handling, checking with equipment vendors may prove beneficial. A review, evaluation or *testing* of equipment prior to purchase is recommended.

Risk factors that cannot be eliminated or managed have the potential to jeopardize the safety of the worker and/or client during the moving task. If all risks cannot be eliminated or managed, refer to the *TLR Safe Work Practice - Problem-Solving Risk Factors*.

Refer to the TLR User Manual, Module 4, for more information on TLR standard client moving techniques.

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!