

## LIFT POLICY

### INSTRUCTIONS

Before the huddle, review your organization's lift policy. If your organization does not have a lift policy, or it needs to be updated, refer to *Developing Safe Handling Policies for Your Organization* to guide you through the process.

During the huddle, read the background out loud and use guiding questions 1 and 2 to discuss your organization's lift policy and answer any questions that staff have about it. Then, use the scenarios and guiding question 3 to encourage staff to apply their knowledge of lift policies to their work.

### AFTER THIS HUDDLE

Staff should be able to:

- Refer to the no-lift policy to reduce their risk of musculoskeletal injury.

### NOTES TO THE HUDDLE LEADER

- Consider adding some of your own scenarios to the discussion or ask staff to provide some.

## BACKGROUND

Did you know?

- 45% of all injuries in long-term, home, and community care are due to overexertion.
- 38% of time-loss claims occur while providing direct care.

By following safe handling procedures, you can greatly reduce your risk of these types of injury.

Handling a person in care is the top cause of injury for healthcare workers due to the repetition, heavy weights, and the awkward or static postures associated with the task. By following procedures in a safe handling policy, you can minimize risk of injury to yourself and provide care safely.

## GUIDING QUESTIONS

- What is a lift policy and why is it important to have one?
- What is our organization's policy on lifting?
- How does our lift policy reduce your risk of injury?
- How do you apply our lift policy while you are working?