

# the ergonomic safe assist belt

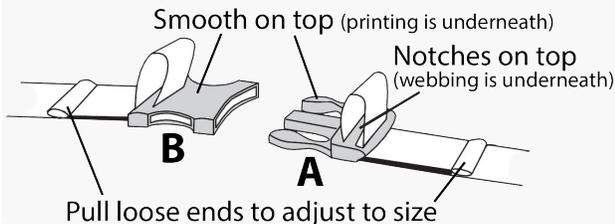
Healthcare workers suffer higher rates of musculoskeletal injuries than any other occupation. These injuries are often caused by manually lifting and moving patients in hospitals or residents in elder care facilities. The ergonomically improved safe assist belt can help improve quality of care and reduce caregiver injuries through improved safe patient handling.

## Enhanced design

- Vertical handles are easier on the wrist, make for a better grip and support a push-pull method over lifting. Two caregivers can use the four handles to interlock arms for extra support when ambulating.
- Inner lining provides slip resistance to prevent riding up once fastened.
- Extra width and padding ensure patient comfort.
- Buckles are quick and easy to adjust to get proper fit.



## Fitting the belt



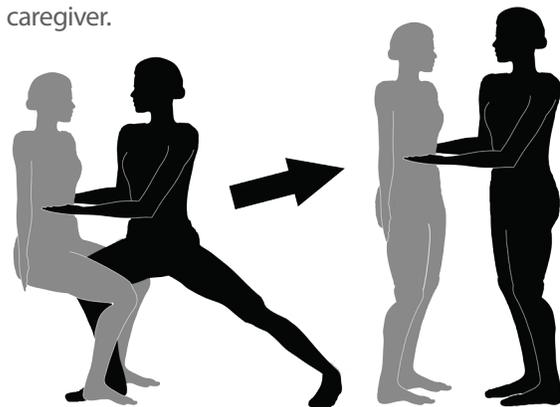
For proper buckling, be sure to first check that the straps are not twisted. Slide the buckle clip (A) into the buckle lock (B) until securely fastened. To remove the belt, simply press the sides of the buckle clip (A) together and slide outward. The buckle should secure without force and undo easily by squeezing the two side prongs in the middle of the buckle. Both parts of the buckle clip (A) are slightly curved and should only fit together one way.

It is best to always explain to the patient your plan for movement and how the belt will assist. Fasten the buckle to fit snugly around the patient's torso. The belt can be used around the upper body, just under the arms or around the waist. Ensure that the patient's garments are not causing discomfort where the belt is applied and be aware that clothing may ride up if the belt is not properly fitted.

## Using the safe assist belt

1. Once you have properly fitted the safe assist belt to the patient, stand facing the sitting patient and step one leg forward between the patient's feet, balancing your weight in a lunge position with the rear foot turned perpendicular to the patient.
2. Keep your spine straight, do not bend forward.
3. Use both hands to hold the vertical handles, keeping your elbows close to your sides. Do not overextend your arms forward.
4. Use your forward leg to push your body back into a standing position. This motion will pull the patient forward and upward as seen below.

It is important to use this push-pull movement and not lift the patient. Lifting can result in injury to the caregiver and patient. No more than 35 pounds of the patient's weight should be absorbed by the caregiver.



**MEMIC**