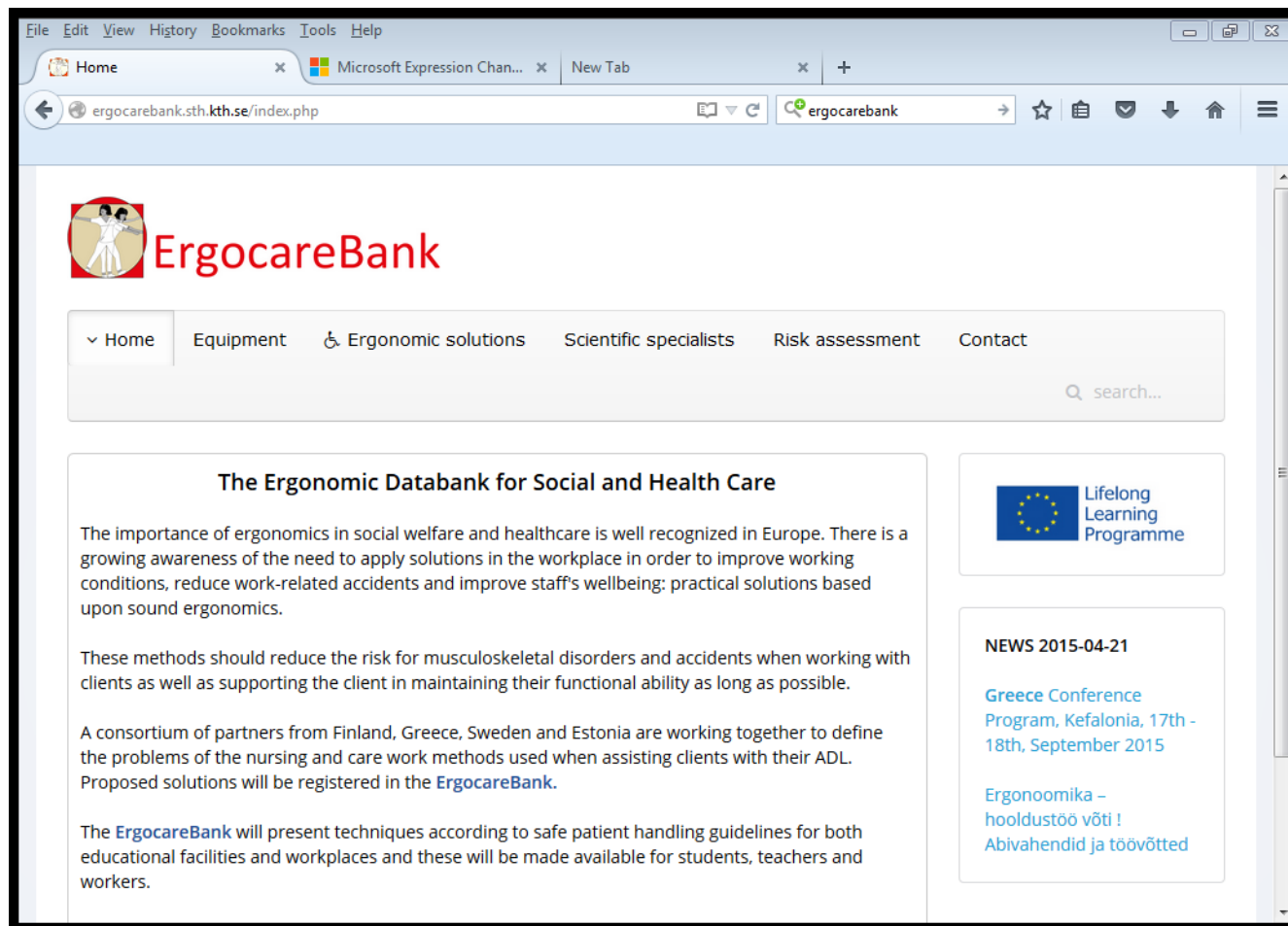


# How we developed the ErgocareBank



# Aims



To present techniques according to

*safe patient handling guidelines*

for educational facilities and workplaces and  
students, teachers and workers.

- define and choose tasks and scenarios
- coach and advise cooperating partners
- publish the results on the web

We are  
manual handling professionals  
four different countries





# Principles organising movement

8 principles defined by Canadian researchers after analysing experienced manual handlers

The link to this summary is on our website under "Risk Assessment"

# Safe patient handling guidelines

- Execute transfers safely and comfortably for the client and the carer


File Edit View History Bookmarks Tools Help

Outlook.com - kay.wilson... x Estonia's Flags geographic... x Christina from bed to whe... x +

ergocarebank.sth.kth.se/index.php/ergonomic-solutions/sitting-to-sitting/christina-from-nationa flags

search...

Christina from wheelchair to bed with help of one person.

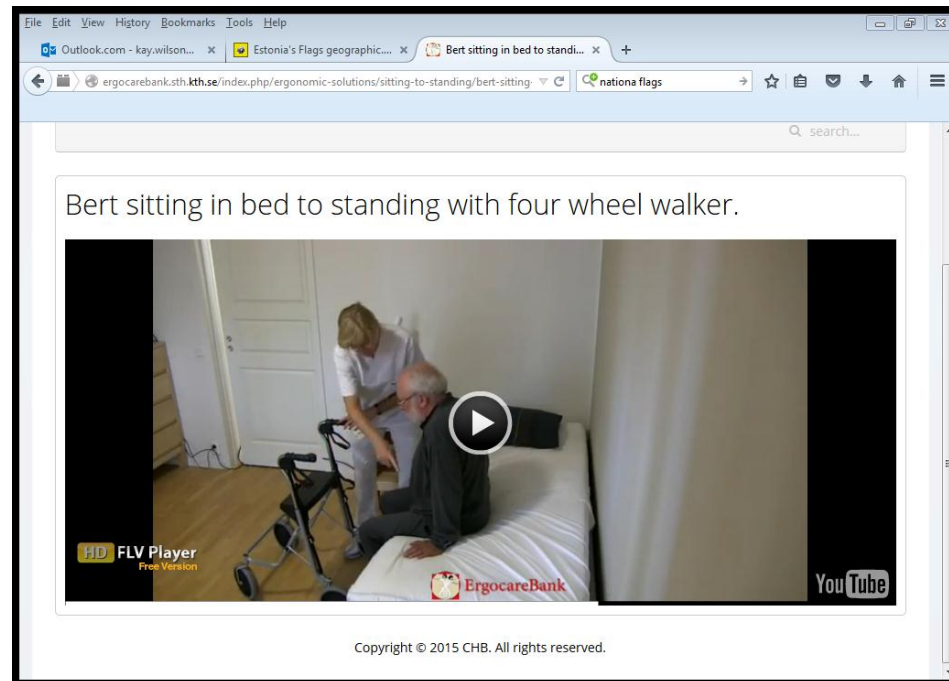


HD FLV Player  
ErgocareBank  
YouTube

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# Safe patient handling guidelines

- Facilitate the client's independence in their daily activities




# Safe patient handling guidelines



- Appropriate use of aids and equipment

Bert up from the floor with StandUp.



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# Safe patient handling guidelines



- knowledge and competence in body awareness and manual handling skills

Christina from wheelchair to bed with help of one person.



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# Safe patient handling guidelines

- Not doing for the client anything that they can do for themselves

- That means

The client does as much as possible  
and

The carer does as little as needed

# Independence in her wheelchair



<https://www.youtube.com/watch?v=ekHlf2kGnoY&list=PLcUsdPpKpEl3GBn8LY33masLBWXlZ2naD>

# Natural Movement Pattern



- It is easier to go with the client's pattern of movement rather than against it:
  - The client does more
  - The carer does less
- [https://www.youtube.com/watch?v=-F\\_ICARTtQw](https://www.youtube.com/watch?v=-F_ICARTtQw)



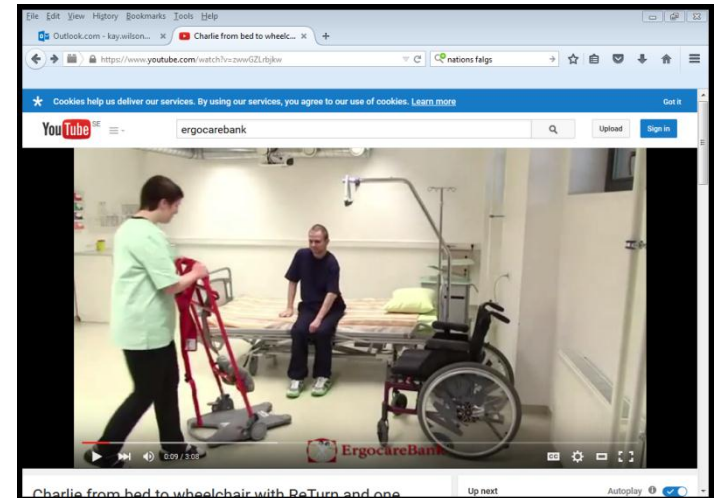
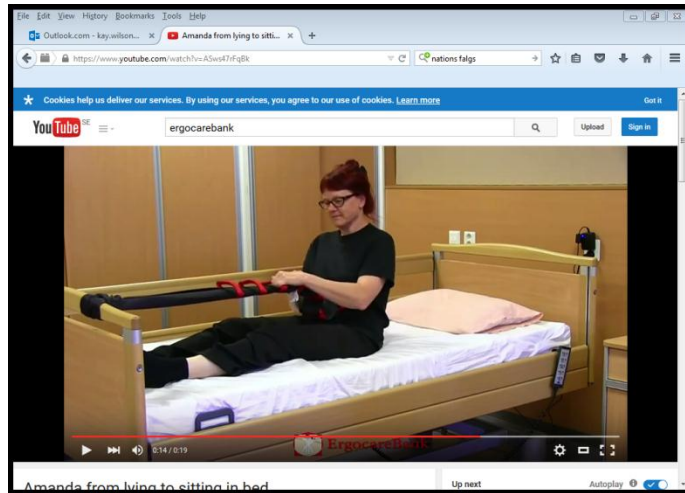
<https://www.youtube.com/watch?v=PeOE-0JenIA&index=17&list=PLcUsdPpKpEl3GBn8LY33masLBWXlZ2naD>

# Choice of tasks and scenarios

- High risk of injury to staff
- Frequently used
  - Getting a person up from the floor
  - Lying to sitting
  - Sitting to standing
  - Sitting to sitting

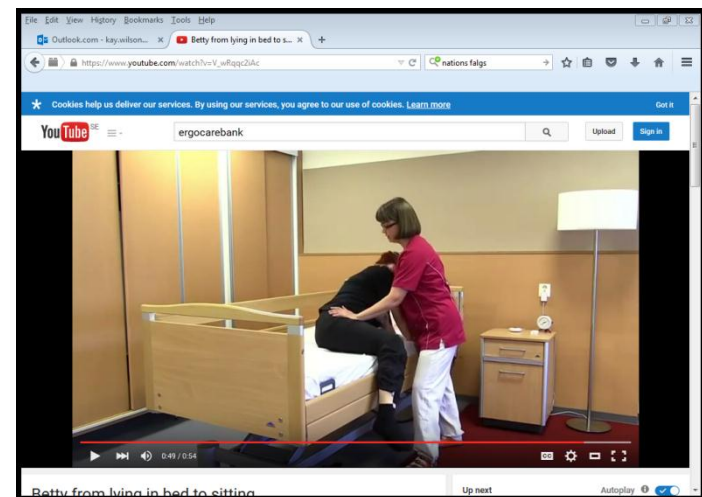
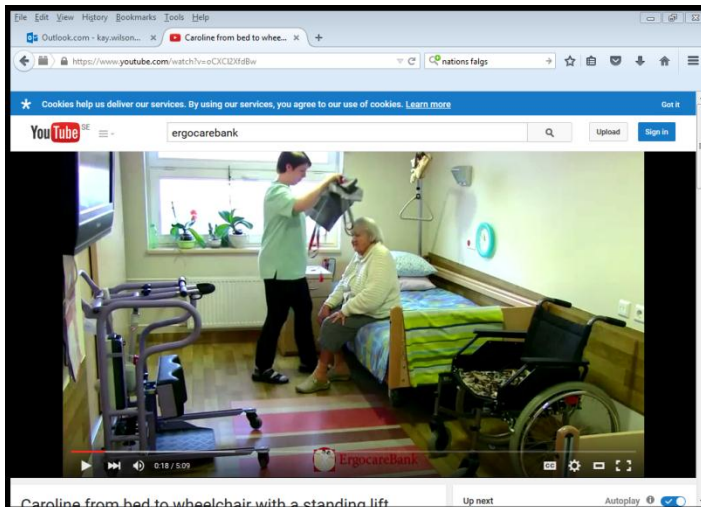
# Filming

- Two types of clients: actors and real clients



# Filming

Two types of carers: students and teachers





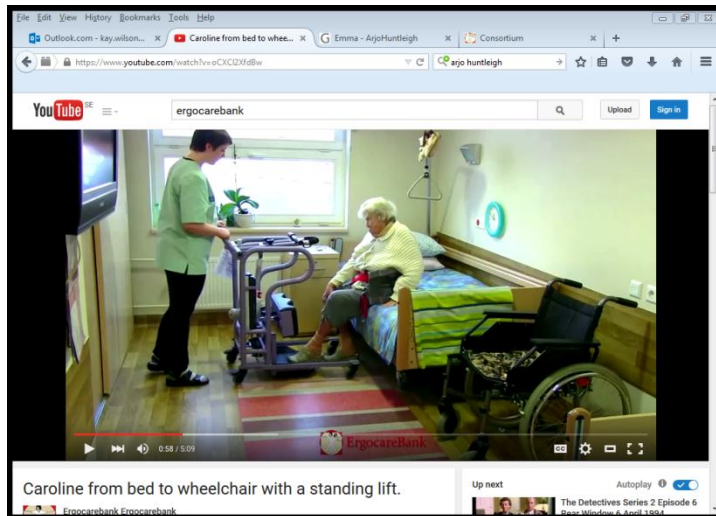
Complex tasks require  
time to train



# Equipment



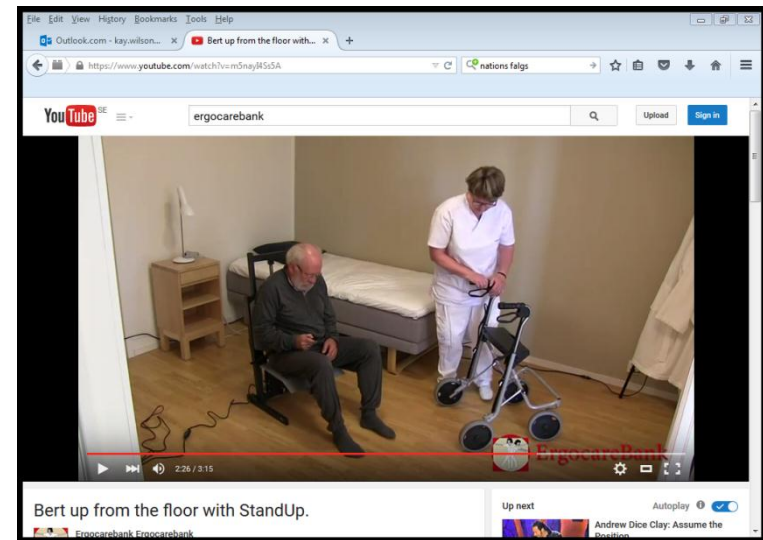
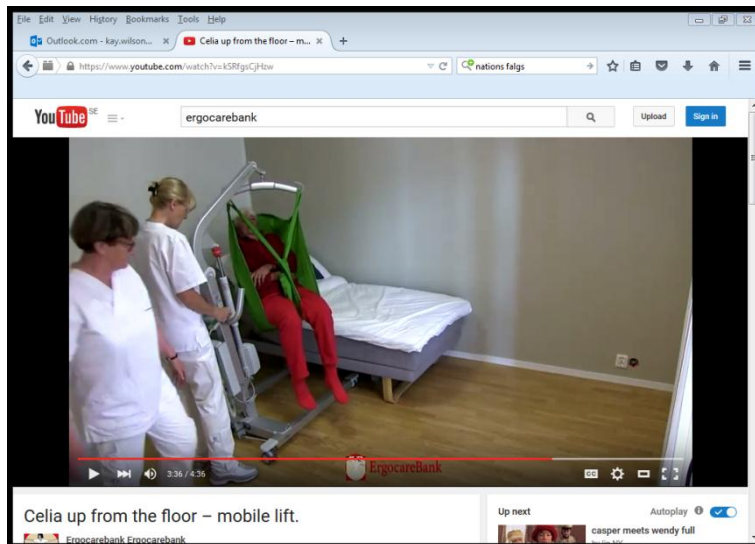
Borrowed and what we owned

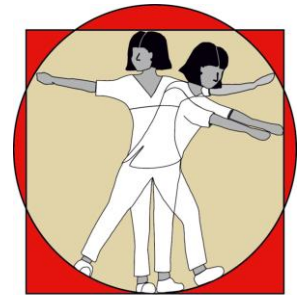


# Choice of transfer technique and equipment



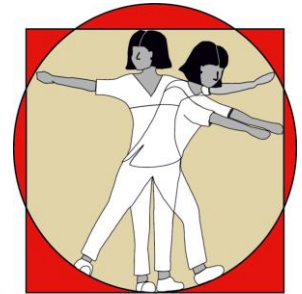
Dependent upon client's functional level





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# The ARJOHUNTLEIGH *Mobility Gallery* an assessment tool based on five different levels of mobility,



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Five different levels of mobility,  
named in alphabetic order from  
A to E



ARJOHUNTLEIGH



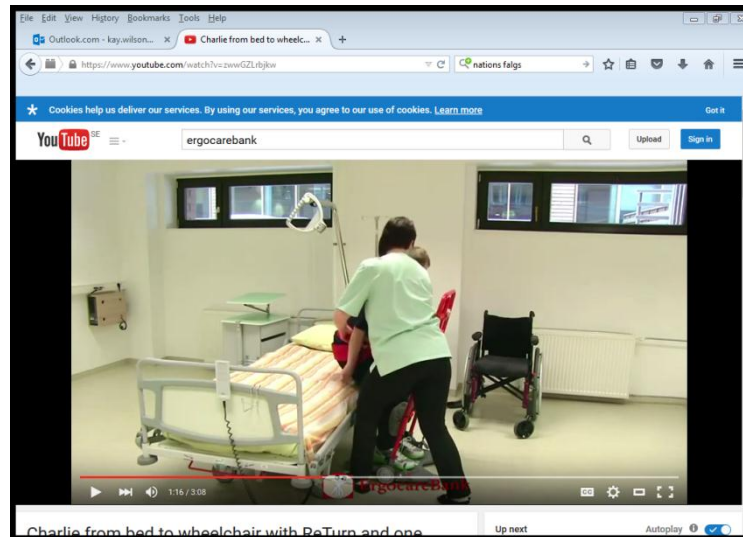
# Filming process

Also an educational tool

[https://drive.google.com/folderview?id=0BypIJP\\_eH6paCN0hsMjVwLXBpYVE&usp=sharing](https://drive.google.com/folderview?id=0BypIJP_eH6paCN0hsMjVwLXBpYVE&usp=sharing)

Show 1,4 and 5: 4 shows less touching, 5 shows more tactile stimulation

# Some transfers are complex



# Two carers




<https://www.youtube.com/watch?v=EKH3N0DkY7M>



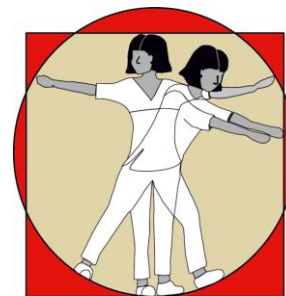
# Highlighting certain points



Bert sitting in bed to standing with four wheel walker.

A video player interface showing a video of an elderly man sitting on the edge of a bed, using a four-wheel walker to stand up. A woman in white scrubs is assisting him. The video player has a play button in the center and a red "ErgocareBank" logo in the bottom right corner. The text "ANTI-SLIP SOCKS" is visible on the floor near the bed.

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ErgocareBank

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# Project Aims



- Not all aims completed
- Not all transfers filmed

# Logo



The **ErgocareBank** project is funded by the European Commission within the Leonardo da Vinci Lifelong Learning Program.

- Female dominated workforce
- Body posture during movement
- Sometimes need to compromise rules of actions