

## Repetition

- **Definition:** Repeating the same movement or task over and over during a given time period or activities that are performed more than 50% of the workday.
- Risk increases when repetitions increased or rest breaks between repetitions is shortened.

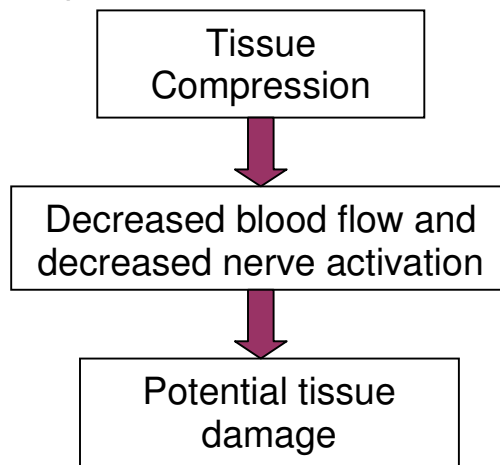


### Tips for Reducing Repetition:

- Take short, frequent breaks
- Take stretch breaks
- Alternate tasks – perform tasks that use different muscle groups
- Alternate arms
- Reduce awkward posture

## Contact Stress

**Definition:** Occurs when a part of the body presses against a hard or sharp surface.



### Tips for Reducing Contact Stress:

- Place padding between body part and object
- Change posture so that body part is not in contact with surface

## Force

**Definition:** Lifting, lowering, carrying, pushing, pulling, and gripping



### Tips for Reducing Force:

- Adhere to the “No-lift” Policy
- Always push instead of pull
- Use the leg muscles and weight transfer to reposition & transfer
- Get body close to your work
- Use transfer belts on residents
- Use palms up grip when repositioning
- Use assistive devices
- Avoid awkward postures
- Use two hands instead of one
- Get resident to assist as much as possible

## Awkward Posture

**Definition:** Joints working in severe range of motion.

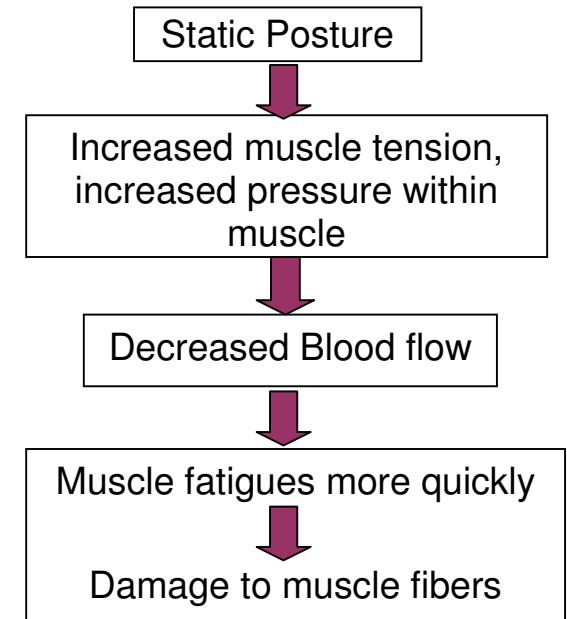


### Tips for Reducing Awkward Posture:

- Raise height of the bed to between mid-thigh and hip
- Lower the bed rail on the side you are working on
- If possible, move the resident closer to the side of the bed that you are working on
- Use a transfer belt to help keep your back more upright
- Keep your elbows against your sides when repositioning
- Use a palms-up grip when repositioning

## Static Posture

**Definition:** Muscular effort maintained with no movement for more than 30 seconds.



### Tips for Reducing Static Posture:

- Take short, frequent breaks
- Take stretch breaks
- Change position often (e.g. move to the other side of bed)
- Eliminate or minimize poor posture that needs to be held (e.g. raise the height of the bed)
- Stagger high-risk activities throughout shift.