

# Back Safety Tips for Handling Patients

## Plan and Communicate



Assess the patient



Gather the appropriate equipment



Set-up equipment for easy access and secure it



Communicate your plan with your patient



## Use Good Body Mechanics

**B**ack straight

**A**void twisting

**C**lose to body

**K**eep feet shoulder width apart



## Train and Practice

Attend training and practice using the equipment in your facility.