

## **Wilk: Sorrentino's Canadian Textbook for the Support Worker, 5th Edition**

### **Chapter 14: Body Mechanics**

#### **Objectives**

After reading this chapter, the learner should be able to do the following:

- List the purpose and rules of using good body mechanics.
- Describe why good body alignment and position changes are important for the client.
- Identify the comfort and safety measures for positioning clients in bed.
- Describe how to position a client in the basic bed positions and in a chair.
- Describe comfort and safety measures for moving, turning, and lifting clients in bed.
- Differentiate between a transfer and a lift.
- Identify safety measures used when transferring clients.
- Identify the purpose of a transfer belt and a transfer board.
- Demonstrate how to move a client in bed.
- Apply the information provided in this chapter by performing the procedures described.
- body mechanics
- base of support
- body alignment/posture/lunge/pelvic tilt/centre of gravity
- lift/manual /mechanical
- no lift policy
- sliding pad
- turning pad
- transfer sheet
- lift pad
- logrolling
- fan folding
- Fowlers position/high/low/semi
- lateral position
- supine/prone positions
- SIM'S position
- stroke/CVA

- weight bear