

# N.C. Nurse Aide I Curriculum

## MODULE I Body Mechanics

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## Objectives

- Describe principles of body mechanics that help prevent injury.
- Identify measures to safely assist a falling person to the floor.
- Describe correct positioning of residents.

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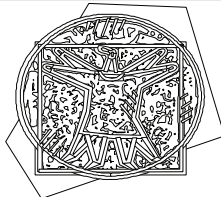
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## Body Mechanics

Efficient and safe use of body by the coordination of:



body alignment, balance and movement

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## Body Mechanics

Due to nature of their duties, nurse aides are subject to back and other injuries, so.....

**PRACTICING CORRECT  
BODY MECHANICS IS  
VERY IMPORTANT**



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## Body Mechanics

- Maximizes strength, minimizes fatigue
- Nurse aides lift, move, and carry
- ↓ costs
- ↓ employee absences
- ↓ liability for facility



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## Body Mechanics ABC's



**Alignment**



**Base of Support**



**Coordination**

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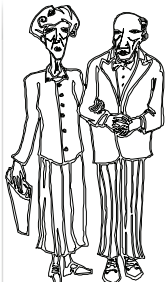
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## Alignment



- Posture
- How the head, trunk, arms and legs line up with one another when back is straight

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## Alignment

When you stand up straight...

Correct body alignment allows the body to move and function efficiently and with strength



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## Alignment

Maintain correct body alignment when lifting/carrying an object



- Keep object close to the body
- Point feet and body in direction you are moving
- Do not twist at waist



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## Base of Support

- Foundation that supports an object
- Good base of support needed for balance
- Wide base of support more stable than narrow

For a person, what is the base of support?



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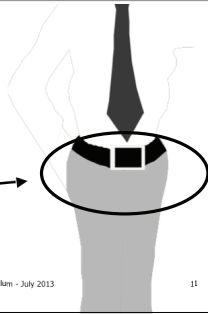
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## Center of Gravity

- Point where most weight is concentrated
- For a standing person.....

The pelvis is the center of gravity



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By bending knees to lift an object, instead of at the waist,



The right way



The wrong way

- Center of gravity lowered
- Stability increases
- Less likely to strain muscles

## Center of Gravity

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### Body Mechanics: Points to Remember When Lifting



- When given a choice push or pull, rather than lift
- Use large muscles of arms and thighs
- Move in a smooth motion. Do not jerk the object.
- Face object or person
- Use **both** arms and hands

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### Body Mechanics: Points to Remember



**RAISE**

bed to about waist height when changing linen

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**What if.....?**

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## You Need to Lift an Object

- Bend hips/knees and get close to object
  - Face object
- Grip object firmly with both hands
- Move smoothly and not jerky
- Lift by pushing up with strong leg muscles
  - Use wide base of support
  - Get help when needed

F  
R  
O  
M

*The Floor*

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## You Need to Lift an Object



From The Floor

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**HELP!!! I am  
about  
to fall!**

**\* Control the direction of  
the fall by easing the  
resident to the floor**

**\* Keep resident still until  
nurse can check for  
injuries**

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE  
IT CAN HURT YOU AND THE RESIDENT**

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE  
YOU MAY LOSE YOUR BALANCE AND FALL**

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## Positioning the Resident



A resident must be positioned and correctly aligned at all times

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**Correct  
Alignment  
in Bed**



**Regular  
Position  
Changes**



- **Comfort and circulation**
- **Easier breathing**
- **Prevention of pressure ulcers and contractures**

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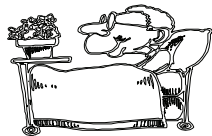
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## Positioning the Resident – Nurse Aide’s Role

- Reposition at least every 2 hours
- Use good body mechanics
- Ask a co-worker for assistance as needed
- Use pillows
- Understand correct placement of positions



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## Supine Position



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## Prone Position



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## Fowler's Position



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## High Fowler's Position



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## Lateral Position



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## Sims Position



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**The End**

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