

# Safe Patient Handling Guidelines

## AORN

**Ergonomic Tool #1: Lateral Transfer from Stretcher to and from the OR Bed**  
**Potential Risk Factors:**

- Excessive reaching
- Pushing or pulling
- Bending
- Awkward posture/position
- Excessive load

**Location of Risk/Impact of Task:**

- Back
- Shoulders
- Hands
- Knees

## OSHA

**Lateral Transfer to and from: Bed to Stretcher, Trolley for patients who are partially able or unable to assist:**

- If patient is <100 pounds: Use a lateral sliding aid and 2 caregivers.
- If patient is 100-200 pounds: Use a lateral sliding aid -or- a friction reducing device and 2 caregivers.
- If patient is >200 pounds: Use a lateral sliding aid and 3 caregivers -or- a friction-reducing device or lateral transfer device and 2 caregivers -or- a mechanical lateral transfer device.

*Occupational Safety and Health Administration (OSHA), Guidelines for nursing homes: ergonomics for the prevention of musculoskeletal disorders, 2009:13.*

### Essential Task Elements:

Maintain the patient's body alignment and airway, and support extremities during transfer to protect the patient from a positioning injury.

### Task Recommendations:

#### General lateral transfer

- Use lateral transfer device and 4 caregivers

- Destination surface should be slightly lower

### Supine

- Anesthesiologist supports head and neck

#### Weight < 157 lb

- - Use lateral transfer device and 4 caregivers

#### Weight > 157 lb

- - Use mechanical lift with supine sling, mechanical lateral transfer device, or air-assisted lateral transfer device and 3 to 4 caregivers

*Pocket Reference Guide: Safe Patient Handling and Movement in the Perioperative Setting. AORN Toolkit. Association of periOperative Registered Nurses. 2014.*

## American Nurses Association (ANA)

### 2.1.7 Reduce the physical requirements of high-risk tasks

The organization will focus on reducing the physical requirements of high-risk healthcare recipient transfer, repositioning, and mobilization, and other applicable tasks through engineering, safe work practice, and/or administrative controls.

### 4.1.5 Provide and strategically place SPHM technology for accessibility

The organization will develop a process for providing SPHM technology that ensures ease in accessibility. The quantity and type of SPHM technology will be sufficient to minimize risk for the healthcare recipient population served and the environment of care.

*Safe Patient Handling and Mobility Interprofessional National Standards Across the Care Continuum. American Nurses Association. 2013.*