



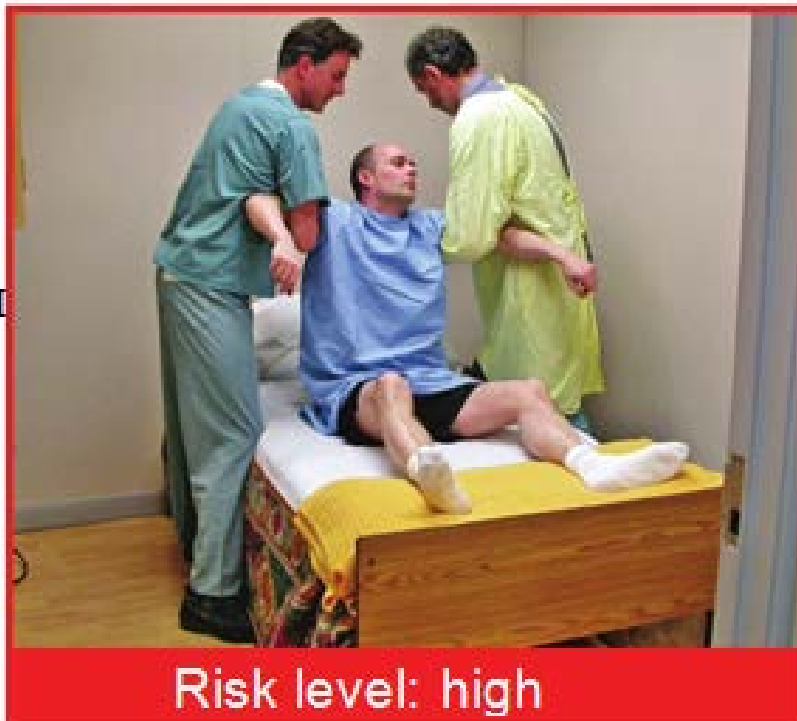
PRO VITA
CARE MANAGEMENT

OH&S

MSI Prevention

High Risk Behaviors

Chicken Lift



Trainer's Guide to The Chicken Lift

Supplies Needed:

- 2 or 3 volunteers
- Bed

Time required for session: 10 minutes

The Key Point of this training is:

- To eliminate high risk behaviors that can cause injury to both the resident and the employee

The following are the instructions for "CONFIRM" Training:

Step 1 – Have volunteers get into position:

1 role playing as resident to be moved

1 or 2 as staff members to complete the resident move

Step 2 – Have volunteers role play the chicken lift with a resident.

Discuss with the volunteers how the chicken lift made them feel: both the staff doing the lifting, and the staff acting as resident. How did it make your body feel?

Step 3 - Have volunteers practice the safe alternatives, using belts, slider sheets, etc...

Chicken Lift

The chicken lift has been used for transferring a patient from bed to chair, lifting a patient up from the floor after falling, and repositioning the patient. Variations on this method employ the use of transfer belts, which are used to bind the patient's knees and thighs together to act as "handles." The use of belts does not eliminate or reduce the MSI risk factors.

Risk factors:

Lifting force

The load is taken at a distance from the spine.

Awkward postures

- The staff has to forward flex and rotate the spine while supporting the weight of the patient.
- The staff lift the patient by placing their arms under the axilla of the patient.
- This type of lifting can result in patient pain and shoulder dislocation. Accordingly, patients may react and strike back against the staff.



Safer resident-handling alternatives

Transfer from bed to chair

- A sit/stand mechanical lift can be used if the patient has sitting balance, can hold onto the lift handles, position and hold their feet on the lift footplate, and follow instructions. If the patient cannot do all of the above, then a mechanical lift should be used.

Reposition in bed

- a mechanical lift and repositioning sling, can be used to d.



