



MSIP – Musculoskeletal Injury Prevention

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|--------------|------------|--------------------|
| Name: | First Name | Family (Last Name) |
| Date: | | Site: |

The person named above has actively participated, on this date, in training on MSDS sheets. The training consisted of demonstrations and hands on practice of safe practice in resident's lifts and repositioning.

- CONFIRM with all residents and yourself before performing any tasks
- Staff will follow all MSIP policies
 - Do not use the chicken lift
 - Do not use your back as your main muscle mass when performing tasks
 - Do not use the residents clothing as a repositioning tool
 - Do not use the soaker pads as a repositioning tool
- Use the proper tools and equipment for the task: belts, mechanical lifts, sit to stands, slider sheets, etc...
- Ask for help when you need it

Today I have been shown and I have practiced the following safe handling techniques. I understand that the safe practices I learned today are safe practices I must use EVERY day.

- Lie to sit
- Repositioning in a chair or a wheelchair
- _____
- _____

Acknowledgement:

I have attended the In-Service as outlined above. I understand that if I have any questions or concerns, I am to contact my supervisor or manager.

Signature

Date