



PRO VITA
CARE MANAGEMENT

OH&S

MSI Prevention

"CONFIRM"



Trainer's Guide to "CONFIRM"

Supplies Needed:

- Flip chart paper
- Hand outs
- Create realistic scenario, something that well represents tasks commonly performed by the staff. Ie:
 - Resident in wheelchair, needs to be repositioned or moved to a bed
 - Resident in bed, needs to be aided to sit, stand etc...

Time required for session: 15 minutes

The following are the instructions for CONFIRM Training:

Step 1 – What is "CONFIRM"?

Step 2 – Walk through the 7 steps, demonstrate during role play

The Key Point of this training is:

- Analyzing tasks to reduce injuries

Step 1: What is “CONFIRM”?

C

Communicate

Communicate with the resident, and any partner you may be working with.

- Ensure that all of the people involved in the task have a clear understanding of what is happening.
- Identify the task that will be performed, and how best perform it.
- Identify any concerns or hazards that may occur when performing the task
- When working with a partner:
 - Decide on the safest method
 - Discuss the procedures and steps
 - Identify a leader
 - Decide on counting method

O

Orient Equipment and Resident

Prepare the resident, the equipment and your environment.

- Have all the equipment and supplies for resident care close at hand
- Setup your equipment and remove any obstacles, furniture, equipment, and items on the floor that might be in your way
- Ensure that brakes are secured or released (as appropriate)
- Ensure that the slider sheet is positioned properly (as appropriate)
- Check that all equipment is functioning properly

N

Neutral Spine

Maintain the natural curve of your spine, and remain in body neutral.

- When your body shifts, your torso should not twist.
- Your body should move at the joints, not at your spine.
- “chest up, eyes forward, bum out”

F

Foundation

Keep your lower body stabilized.

- Keep your feet shoulder width apart, and one foot a half step forward.
- Knees should be slightly bent, and never locked

A

Arms IN

Keep your arms close to your body

- Over-reaching and stretching your arms will pull your spine out of body neutral
- Your elbows should be in, and should point down

Re-evaluate positions before moving

Look at your load, environment and your own abilities

The Load:

- How heavy is it?
- How far are you moving it?
- May it move unpredictably while you are moving it?

The Environment:

- How much space do you have?
- Is there anything in your way?
- Is the floor wet or dry?
- Is the route you are taking clear?

Yourself:

- Are you injured, tired, distracted?
- Have you fully assessed the situation and all of the players and hazards?
- Is your body positioned in the safest manner?
- Are you ready?

Move your legs by shifting weight

Keep your legs in the strongest position for the task.

Side by side OR One foot in front of the other

- Shoulder width apart
- Turned slightly out
- Shift your weight from one foot to the other, using both hips and knees

Performing the weight shift

- Start with all body weight over one foot, with knees slightly bent
- Keep your body facing forward during the entire move
- Shift your weight to the second foot, always keeping your elbows close to the body

Side by side



One in front of the other



Side to side weight shift

Start



Finish



Weight shift from back leg to front leg

Start



Finish



Step 2: Role Play safe behavior

Have volunteers perform a common task and all staff walk through the 7 steps.

Have the employees that are observing the role play assist the volunteers in safe body mechanics.