

How to Prevent Caregiver Injuries

Preventative Measures

1. Be careful not to overreach when you are helping someone. For instance, if they are in bed, and you need to roll them to put a bed pad under them, walk to the other side of the bed to pull it through instead of reaching over them.
2. Keep items you need close to you. When you are preparing for a task, gather the all supplies you will need.
3. Always keep your back straight, with your feet apart about the same width as your shoulders. Use your knees to bend instead of your lower back, and avoid twisting.
4. Try and keep the person you are helping close to you by sliding them towards you before turning them in bed or getting as close to them as possible before helping them with a transfer.
5. Always be sure to use the available Transfer pads or sheets, gait belts, lifts, or other devices.
6. Using grab bars or transfer poles when standing will also help take the strain off you.
7. Even though it's extremely hard, do not try to hold or pick the person you are caring for up from the floor if they are falling.



It is essential to prioritize your safety while providing physical assistance and maintaining the safety of the individual you care for.

Eating a healthy, balanced diet, maintaining a healthy weight and exercising will help prevent muscle injuries.

If you are finding that the person you are caring for is getting heavier and harder to transfer, and you are in pain, reach out to your family, friends, and community for help when you can.

Caregiving can be a physically demanding role; using the resources you have around you, like assistive devices or available community resources, can help you stay safe.

To prevent injuries, it is helpful to raise the height of the bed, if able to do so.



**For a more detailed
tutorial, please scan
the QR code.**