

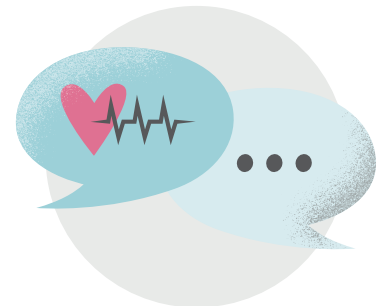
Safe patient handling and movement



1

Communicate with the care recipient

Tell the care recipient what will happen when the transfer is carried out. Communication involves the care recipient in their care and creates trust and security.



2

Find out what the care recipient can do on their own

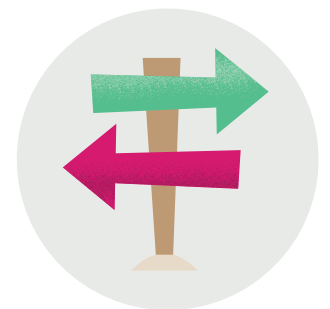
Find out the ability of the care recipient to move themselves. Can the care recipient help? Are there circumstances that can affect a transfer, such as an increased risk of falls or a risk of pressure sores?



3

Choose a safe working method

The transfer should be safe for you as a healthcare worker. Can you carry out the transfer yourself or are several people needed? Is appropriate work equipment available? Are there other risk factors to consider for the transfer to be carried out safely?



4

Allow sufficient time

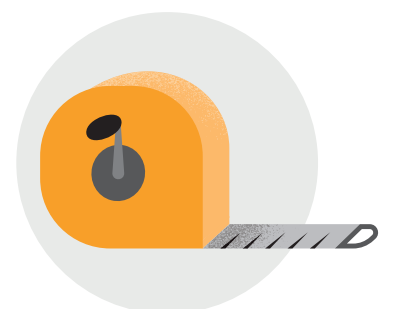
If you do not think you have enough time, consider how you can change this, and do not let time be a risk factor.



5

Ensure you have space

Every situation is different. What do the premises look like? Is there anything that is in the way for the transfer?



Swedish Agency for Work
Environment Expertise