

# **N.C. Nurse Aide I Curriculum**

## **MODULE I**

### **Body Mechanics**

# Objectives

- Describe principles of body mechanics that help prevent injury.
- Identify measures to safely assist a falling person to the floor.
- Describe correct positioning of residents.

# Body Mechanics

Efficient and safe  
use of body by the  
coordination of:



body alignment, balance and movement

# Body Mechanics

Due to nature of their duties, nurse aides are subject to back and other injuries, so.....

**PRACTICING CORRECT  
BODY MECHANICS IS  
VERY IMPORTANT**

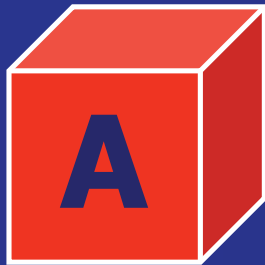


# Body Mechanics

- Maximizes strength, minimizes fatigue
- Nurse aides lift, move, and carry
- ↓ costs
- ↓ employee absences
- ↓ liability for facility



# Body Mechanics **ABC's**



**Alignment**

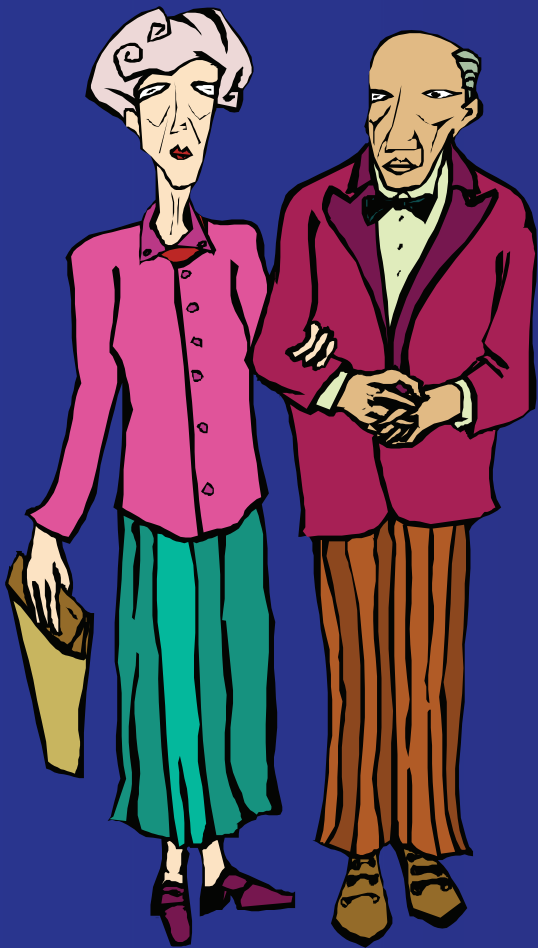


**Base of Support**



**Coordination**

# Alignment



- Posture
- How the head, trunk, arms and legs line up with one another when back is straight

# Alignment

When you stand up straight...

Correct body alignment allows the body to move and function efficiently and with strength



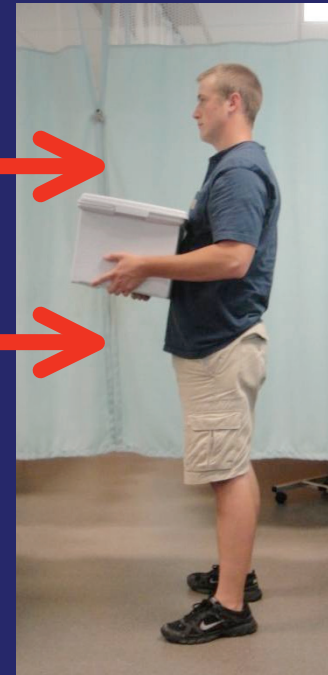


# Alignment

Maintain correct body alignment when lifting/  
carrying an object



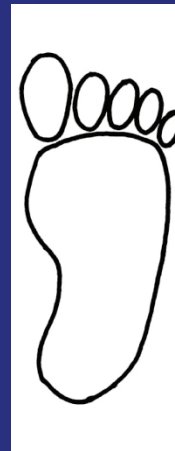
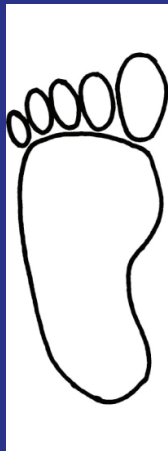
- Keep object close to the body
- Point feet and body in direction you are moving
- Do not twist at waist



# Base of Support

- Foundation that supports an object
- Good base of support needed for balance
- Wide base of support more stable than narrow

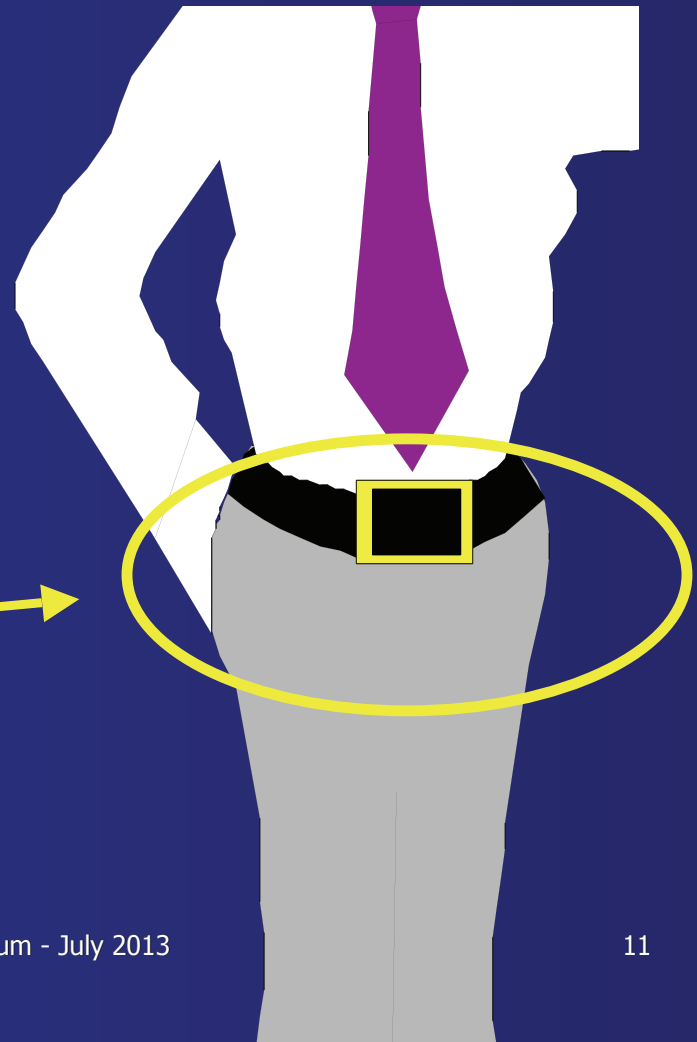
For a person, what is the base of support?



# Center of Gravity

- Point where most weight is concentrated
- For a standing person.....

**The pelvis  
is the  
center of  
gravity**

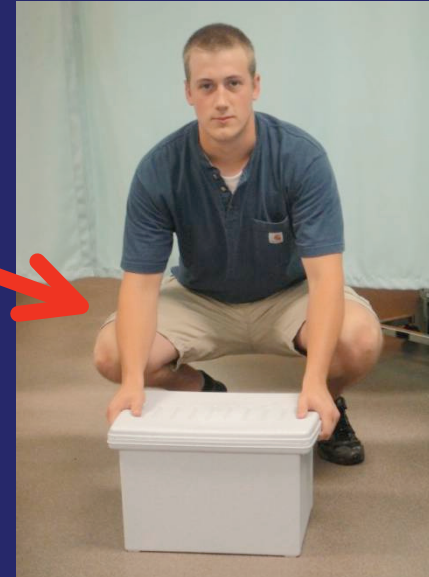


By bending knees to lift an object, instead of at the waist,



**The  
right  
way**

**The  
wrong  
way**



- Center of gravity lowered
- Stability increases
- Less likely to strain muscles

# Center of Gravity

# Body Mechanics: Points to Remember When Lifting



- When given a choice push or pull, rather than lift
- Use large muscles of arms and thighs
- Move in a smooth motion. Do not jerk the object.
- Face object or person
- Use **both** arms and hands

# Body Mechanics: Points to Remember



**RAISE**

bed to about waist  
height when  
changing linen

**What if.....?**

# You Need to Lift an Object

- Bend hips/knees and get close to object
  - Face object
- Grip object firmly with both hands
  - Move smoothly and not jerky
- Lift by pushing up with strong leg muscles
  - Use wide base of support
  - Get help when needed

F  
R  
O  
M

*The Floor*



# You Need to Lift an Object



## From The Floor



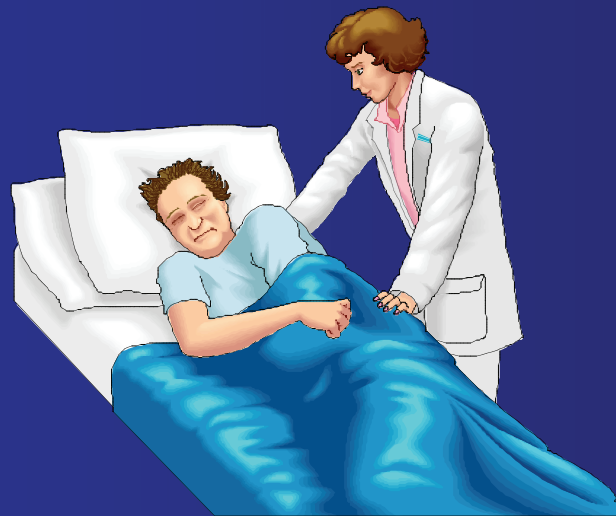
**HELP!!! I am  
about  
to fall!**

- \* Control the direction of the fall by easing the resident to the floor**
- \* Keep resident still until nurse can check for injuries**

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE  
IT CAN HURT YOU AND THE RESIDENT**

**DO NOT TRY TO HOLD RESIDENT UP BECAUSE  
YOU MAY LOSE YOUR BALANCE AND FALL**

# Positioning the Resident



A resident must be positioned and correctly aligned at all times

**Correct  
Alignment  
in Bed**



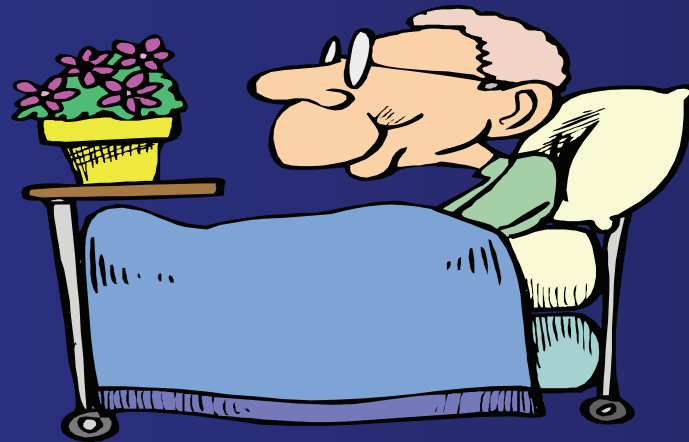
**Regular  
Position  
Changes**



- **Comfort and circulation**
- **Easier breathing**
- **Prevention of pressure ulcers and contractures**

# Positioning the Resident – Nurse Aide's Role

- Reposition at least every 2 hours
- Use good body mechanics
- Ask a co-worker for assistance as needed
- Use pillows
- Understand correct placement of positions



# Supine Position





# Prone Position



# Fowler's Position





# High Fowler's Position



# Lateral Position



# Sims Position



# The End