**Guided Lecture Notes, Chapter 13, Workplace Safety**

Learning Objective 1. Define the term *ergonomics* and discuss why people who work in a health care setting are at an increased risk for developing musculoskeletal disorders. (Refer to PowerPoint slides 2 to 4.)

### Ergonomics is the practice of designing equipment and work tasks to conform to the capacity of the worker.

### Manual lifting, turning, and repositioning of patients put health care workers at increased risk for musculoskeletal disorders.

### These disorders include muscle strains and tears, ligament sprains, joint and tendon inflammation, pinched nerves, and herniated discs in the spinal column.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 2. Define the term *body mechanics* and the “ABCs” that make the body more effective when working. (Refer to PowerPoint slides 4 to 9.)

### Explain the actions that stress our body. Point out that being a nursing assistant is an extremely physically demanding work. Introduce the idea that by practicing good body mechanics and learning proper lifting techniques, nursing assistants can minimize their risk of job-related physical injury. Explain the ABCs of good body mechanics (alignment, balance, and coordinated movement).

### Alignment is good body posture. Proper alignment ensures that no excess stress or strain is placed on the joints and muscles.

### Balance involves holding your center of gravity close to your base of support, to increase your steadiness on your feet.

### Coordinated body movement involves using the weight of your body to help with movement.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 3. Demonstrate proper lifting technique and ways to prevent back injury. (Refer to PowerPoint slides 10 to 13, 46 and 47.)

### Demonstrate the use of good body mechanics when lifting.

### Explain that lifting is a required task for nursing assistants who provide direct care to patients or residents. Therefore, practicing good body mechanics is very important, especially when you must lift heavy equipment or move people who have trouble moving on their own.

### Emphasize that it is important to learn proper lifting technique. Mention that failure to use good body mechanics when lifting something or someone can result in a serious back injury. Refer to the technique used by a successful weightlifter. Express how important it is to ask for help from another health care worker to lift heavy items or difficult patients or residents.

### Discuss that many health care facilities and agencies require employees who must lift to wear back supports. Explain that when a back support is used correctly, it will hold the body in proper alignment because bending at the waist with a back support on is very uncomfortable. However, improper and prolonged use of a back support can actually weaken the back muscles.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 4. Explain the importance of following procedures when providing patient or resident care. (Refer to PowerPoint slide 16.)

### Discuss how adhering to the steps of a procedure helps ensure that steps are not left out or omitted, so that the same quality of care is given to each patient or resident.

### Discuss potential differences in training and procedure between state, facility, teacher, and textbooks.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 5.List and explain the steps to take before and after every patient or resident care procedure, and explain why these steps are taken. (Refer to PowerPoint slides 17 and 18.)

### List and explain the rationale for each pre- and post-procedure step.

### Impress upon the students the importance of providing privacy, safety, and comfort when performing any procedure.

### Refer to Guidelines Boxes 13-2 and 13-3.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 6. Describe hazards that increase the risk of falls in the health care setting and how to assist a person who is falling. (Refer to PowerPoint slide 19 to 23.)

### List the factors that increase a nursing assistant’s chances of falling.

### Demonstrate the correct procedure for assisting a falling person to the floor.

### Refer to Box 13-1.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 7. Describe chemical hazards found in the health care setting and ways to avoid them. (Refer to PowerPoint slide 24.)

### Tell the class that the Occupational Safety and Health Administration (OSHA) requires all employers to maintain a list of the chemicals that are used in the facility, from household cleaners to highly toxic solutions, and to inform and educate all workers about the chemicals that are used in their workplace. One way of communicating information about chemicals to employees is through a Safety Data Sheet (SDS), which the manufacturer of the chemical is required to supply.

### Explain the content of the SDS.

### Summarize the nursing assistant’s responsibility to be familiar with the chemicals that they may come in contact with in the workplace. Nursing assistants must know the proper, safe way to handle each chemical in use.

### Discuss as a class the chemicals used on a daily basis by health care facilities.

### Discuss chemicals that may be used in the home also. Explain that some should not be mixed (e.g., ammonia and chlorine); this is clearly stated on the product label.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 8. Discuss electrical hazards found in the health care setting and ways to avoid them. (Refer to PowerPoint slides 25 to 28.)

### Discuss as a class the electrical appliances one might find in the health care setting, from complex monitoring devices to hair dryers. List the examples called out by the students on a flip chart or whiteboard.

### Discuss safety devices, such as outlets with ground-fault breakers, three-prong plugs, and power strips.

### Discuss how to recognize which electrical appliances may be plugged into a power strip and which ones may not.

### Describe the method of tagging defective items and sending them for repair.

### Discuss the ways nursing assistants can help create a safe working environment for themselves and a safe living environment for their patients or residents.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 9. List the elements necessary for a fire to start and continue to burn. (Refer to PowerPoint slides 29 to 32.)

### Discuss how a fire can break out.

### Explain that for a fire to occur, three elements must be present: fuel (something to burn), heat (something to ignite the fuel), and oxygen.

### Describe common sources of fuel, heat, and oxygen in the health care setting.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 10. Demonstrate the RACE fire response plan and how to use a fire extinguisher. (Refer to PowerPoint slides 33 to 43.)

### Explain the general actions that are taken in the event of a fire emergency, as summarized in the RACE fire response plan.

### Explain the types of fires (A, B, and C).

### Describe how to operate a fire extinguisher.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 11. Identify disaster situations that may affect a health care facility and describe the focus of a disaster preparedness plan in a hospital versus in a long-term care facility. (Refer to PowerPoint slide 44.)

### Define the term disaster (an unexpected event that causes injury to many people, major damage to property, or both), and ask students to call out examples.

### Discuss natural disasters that might occur in your area (e.g., hurricanes, blizzards, floods, tornadoes).

### Discuss various forms of terrorist attacks. Discuss how they could affect the operations of a health care facility.

### If relevant, discuss how the focus of a long-term care facility’s disaster preparedness plan may differ from that of a hospital.

### Discuss current terrorist-related threats such as explosive devices, chemical agents, and biologic agents.

### Have learners refer to learning activities located at the end of the chapter.

Learning Objective 12. Discuss factors that may lead to workplace violence in the health care setting. (Refer to PowerPoint slide 45)

### Patients and families are generally experiencing increased stressors that may bring about aggressive behavior directed toward the health care worker.

### Patients may be experiencing physical and emotional disorders that add to aggressive behavior.

### Have learners refer to learning activities located at the end of the chapter.