Home Health Care – Body Mechanics



The purpose of using proper body mechanics is simple: To Prevent Injury. One of the most strenuous and potentially hazardous parts of home healthcare is bending, stretching and reaching. This program teaches how to reduce risk and prevent injury. Lift assist equipment such as gait belts, bath boards, grab bars and others are discussed as ways to reduce lifting demands. Viewers are taught to properly assess their environment and correct hazards before incidents occur. Safe Client Transfers and Ambulation are addressed in detail.