

SPHM Toolkit – Tool 1a

To learn more about SPHM technology and patient handling solutions, refer to Section 5 in the Safe Patient Handling and Mobility: A Toolkit for Program Development 2025 at: <https://www.nvha.net/safe-patient-handling-and-mobility-toolkit/>

An Introduction to Safe Patient Handling and Mobility (SPHM) in Pictures



High Risk Patient Handling Tasks



Examples of SPHM Solutions

Repositioning Tasks – Patients who can provide no/limited assistance to mobilize



Holding/Supporting Tasks



SPHM Toolkit – Tool 1a



High Risk Patient Handling Tasks

Lateral Supine Transfers



Examples of SPHM Solutions



Seated Transfers



Standing Transfers – Patients who can provide partial assistance to mobilize



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High Risk Patient Handling Tasks

Moving a Patient's Leg(s) – Patients who can provide partial assistance to mobilize



Examples of SPHM Solutions



Ambulation



Source: Handicare



Source: Baxter

Fall Recovery



Source: Baxter



Source: Hovertech

 High Risk Patient Handling Tasks	 SPHM Solutions
<p><u>Risk Factors for Health Care Worker Injury:</u></p> <ul style="list-style-type: none">• Forceful, repetitive exertion+++• Extreme awkward postures• Being struck by combative, disoriented, or fearful patients• More staff required to perform the task <p><u>Risk Factors for Patient Injury:</u></p> <ul style="list-style-type: none">• Falling leading to bruising and/or broken bones• Skin damage from friction & shearing• Increased pain and fear• Loss of dignity• Heavier, uncooperative and/or clinically complex patients may be moved less frequently due to physical effort required and lack of staff available = increased length of stay and poorer patient outcomes	<p><u>Benefits for Patients:</u></p> <ul style="list-style-type: none">• Increases patient dignity & comfort• Reduces risk of injury to patients e.g., falls and pressure injuries• Facilitates safe and early mobility leading to improved patient outcomes & experience <p><u>Benefits for Health Care Workers</u></p> <p><i>Decreases:</i></p> <ul style="list-style-type: none">• Risk of caregiver injury, fatigue and burnout• Violence related injuries from combative patients during care tasks• Number of caregivers required to perform task in some situations <p><i>Refer to Section 1 for more information about risks of manual patient handling and the benefits of SPHM technology and programs.</i></p>

Unless otherwise stated, images are provided by HumanFit, LLC and Alpha Modalities. Refer to Section 5 to find out more about other types of SPHM solutions.