

## 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
<b>Repositioning Tasks – Patients who can provide no/limited assistance to mobilize</b>	
   	  
<b>Holding/Supporting Tasks</b>	
  	  



High Risk Patient Handling Tasks



Examples of SPHM Solutions

Lateral Supine Transfers



Seated Transfers



Standing Transfers – Patients who can provide partial assistance to mobilize







## High Risk Patient Handling Tasks



## Examples of SPHM Solutions

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



### Ambulation



Source: Handicare

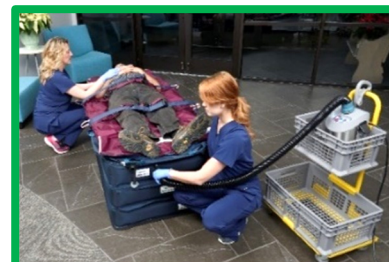


Source: Baxter



### Fall Recovery



Source: Baxter



Source: Hovertech

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