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## Safe Patient Handling and Mobility – How to use this Toolkit

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Lynda is a certified occupational health nurse and certified professional ergonomist with over 30 years of work and consulting experience in industrial and health care ergonomics and safety. She holds an undergraduate degree in nursing and a graduate degree in human factors psychology/ergonomics from the University of Idaho.

She is a thought leader, published author and national and international speaker on safe patient handling and mobility (SPHM), healthcare ergonomics and workplace violence prevention (WPV).

Prior to working in occupational ergonomics, Lynda worked as a nurse-midwife, and as staff nurse in acute and community-based care.

Lynda has assisted numerous hospital systems, clinics, assisted living facilities, and home health and hospice services in the US to design, implement, and manage SPHM programs and ergonomics initiatives, often providing clinical support for several years per facility.

Lynda was a contributor for the 2013 and 2021 editions of the American Nurses Association (ANA) Interdisciplinary Safe Patient Handling and Mobility Standards. Most recently, she co-authored a white paper "*Safe Patient Handling and Mobility (SPHM): A Process to Protect Health Care Workers and Recipients*" that was published in November 2024 by the American Industrial Hygiene Association (AIHA), the Association of Safe Patient Handling Professionals (ASPHP), and ANA.

In 2014, Ms. Enos received the Ergonomics Professional of the Year Award from the Puget Sound Human Factors and Ergonomics society and in 2017 she received the Advocacy Award for Safe Patient Handling, awarded by the Tampa VA Research and Education Foundation and the Association of Safe Patient Handling Professionals.

On a personal note, Lynda sustained a back injury at the age of 19 while manually boosting a patient in bed as a student nurse. This experience, along with later work-related injuries, motivated her to advocate for the safety and well-being of nurses, other health care workers, and patients.

### Acknowledgements

Photographs of SPHM technology included in this toolkit are identified with the names of their manufacturers. These photographs are solely for illustrative purposes and were provided courtesy of the organizations identified below. They are reprinted with permission from and copyrighted by the manufacturers, all rights reserved.

#### **Alpha Modalities LLC**

<https://alphamodalities.com/>

Designer and manufacturer of US-made washable, wipeable and single patient use (SPU) slings for ceiling, floor based and sit-to-stand lifts. Offers custom sizes, colors, and labeling.

#### **Arjo Inc.**

[www.Arjo.com](http://www.Arjo.com)

Manufacturer of patient lifts, slings, and solutions for safe patient handling and mobility; medical beds and products for personal hygiene, disinfection, and effective prevention of pressure injury and venous thromboembolism prevention.

#### **Baxter**

[www.hillrom.com/en/products-category/safe-patient-handling-and-mobility/](http://www.hillrom.com/en/products-category/safe-patient-handling-and-mobility/)

Manufacturer of patient lifts, slings, and solutions for safe patient handling and mobility; and a variety of medical diagnostic and monitoring technology, surgical equipment and tables, beds, stretchers and healthcare furniture.

#### **Etac®**

[www.etac.com/en-us](http://www.etac.com/en-us)

Manufacturer of Molift patient lifts, slings, and solutions for safe patient handling and mobility; adaptable wheelchairs and assistive devices for bathroom and daily living; solutions for pressure care; pediatrics mobility solutions and accessories; and small aids for daily living.

#### **Guldmann Inc.**

<https://www.guldmann.com/us>

Manufacturer of patient lifts, slings, and solutions for safe patient handling and mobility.

#### **Handicare- A Savaria Patient Care Company**

<https://handicareusa.com/>

Manufacturer of patient lifts, slings, and solutions for safe patient handling and mobility, hygiene products for bathing and showering, medical beds, positioning aids, therapeutic surfaces and seating products.

#### **HoverTech International**

<https://hovertechinternational.com/>

Manufacturer of the air assist transfer and fall recovery devices - HOVERMATT® and HOVERJACK® and other pressure injury prevention and safe patient handling and mobility products. HoverTech is part of the Etac family of brands.

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### **IndeeLift®**

<https://indeelift.com/>

Fall recovery and transfer solutions. The IndeeLift medical patient lift -floor to sit or stand provides a unique solution for quick, safe fall recovery and day-to-day patient handling transfers.

### **Seating Matters**

<https://seatingmatters.com/>

Therapeutic seating specialists. Clinical Seating designed for comfort, support, and enhanced quality of life for the patient and the caregiver.

### **Seneca Devices**

[www.Senecadevices.com](http://www.Senecadevices.com)

Manufacturer of the EasyShift™ and EasyBoost™ patient repositioning solutions.

### **TR Equipment**

<https://www.trequipment.com>

Shower trolleys and chairs, mobile bath lifts, assisted bathing products, rehabilitation walkers and powered bed movers.

### **Wright Products Inc.**

[www.wrightproductsinc.com](http://www.wrightproductsinc.com)

Manufacturer of Slipp®, for patient transfers.