



# Safety Talk!

## Understanding the Ergonomic Challenges in Wound Care:

Proper ergonomic or safe practices in wound care are essential not only for the safety and comfort of the patient but also for the well-being of staff. Common hazards/ risks in wound care include:

- Awkward/Static Working Postures
- Frequent Bending and Twisting
- Repetitive Movements
- Forceful Exertions

**Reminder: All hazards must be reported to your supervisor. Follow the Report and Resolution of Safety Concerns process. If you are injured, please follow the Injury/Near Miss Reporting process.**

To mitigate the risks associated with these challenges, staff should adhere to the following ergonomic injury prevention principles:

**Maintain Neutral Postures:** Strive to keep your body in a neutral position, avoiding excessive bending, twisting, or reaching. Use adjustable furniture and equipment to ensure that your workspace can be tailored to your needs.



**Use Assistive Devices:** Utilize tools and equipment designed to reduce physical strain; (e.g., height-adjustable bed/tables and/or chair/stools; bolsters/wedges and/or limb sling to reduce the need for manual lifting; slider sheets and/or repositioning sling to assist with repositioning patients. **Note:** It's also important to encourage the patient to assist as much as possible.

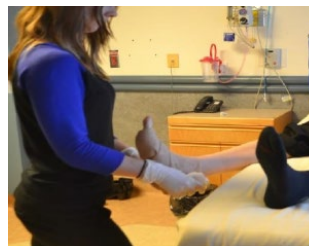


*Did you know that sites can order bolsters to assist with various client and/or patient specific wound care tasks? Ask your manager about how you can trial bolsters for your clients and/or patients.*

**Organize Your Workspace:** Arrange supplies and equipment within easy reach to minimize unnecessary postures/movements, such as bending and reaching. When providing wound care, tasks should be performed at or near the worker's waist level as much as possible.



**Take Regular Breaks:** To prevent fatigue and reduce the risk of musculoskeletal injury disorder (MSDs), take regular breaks to stretch and change your position. Incorporate micro-breaks into your routine to relieve muscle tension.



**For more information please contact:**

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