

Safe Work Procedure (SWP)

Name of Task: Log Roll for Spinal Precautions on bed or stretcher

Description: Rolling patient with spinal precautions

Position/Job : Minimum 3 Healthcare Workers (HCWs)

Department/Unit: All patient care areas

Equipment and/or Tools required:

Height adjustable bed or stretcher
Spine board if needed

Personal Protective Equipment Required

Appropriate footwear for HCW.



Potential Hazards: Forceful movements, awkward positions, infection transmission

Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

Considerations:

- For use with patients suspected or confirmed to have an unstable spine or pelvis fracture
- Client may or may not have a cervical collar.
- More HCWs are required if the patient has:
 - Leg cast
 - Central line
 - Drainage tube
 - Behaviour interferes with care

Steps to be taken to complete task safely:

1	Place bed/stretchers at waist height of shortest HCW with space for movement of HCWs at both sides and the head of the bed. Ensure brakes are applied.	
2	HCW #1 stands with wide base of support at head of bed in line with patient's head. HCW #1 places forearms on either side of patient's head/jaw, holding onto patient's head and maintaining neck alignment. HCW #1 can bend their elbows and rest them on the mattress.	
3	HCW #2 and HCW #3 stand on one side of the bed with wide base of support, one foot in front of the other. HCW #2 places hands on patient's far shoulder and hip. HCW #3 places hands on patient's far waist and knee. Arms of HCW #2 and #3 will overlap. Additional HCWs may assist with the legs and feet if required.	
4	HCW #1 asks patient to remain motionless. HCW #1 maintains alignment and asks HCW #2 and #3 to roll patient towards themselves. All HCWs work together to weight shift and roll the patient at the same time to a side lying position. HCW #1 ensures control of the head to maintain spinal alignment.	
5	If needed, a spine board can be inserted or removed by additional HCWs. HCWs #1, 2 and 3 will maintain patient in side lying position.	
6	Reverse procedure to return patient to their back on the bed/stretchers.	

Responsibilities

Managers/Supervisors or Designate: Ensure all duties are performed in accordance to training, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures)

Staff performing task: Perform task in accordance to training, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures). Notify Manager/Supervisor or designates of all occurrences/incidents, injuries, illnesses or safety and health concerns which are likely to harm themselves, co-workers, or any others who enter the premises.

Completion and Review

This safe work procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years from the last revision date

Created/Completed Date: July 2019	Completed By: Provincial SWP Committee
Last Revision Date: July 2019	Last Revision By: Provincial SWP Committee