



SAFE WORK PROCEDURE		LOG ROLLING ON BED/STRETCHER THREE MINIMUM ASSIST OR MORE	
Team Name / Team Lead: SCHIPP Team, Regional Director Staff Development, Infection Prevention and Control	Approved By: Vice President – Human Resources	Issue Date: June 29 2016	Review Date: December 20 2017 Revised date: January 2 2018
<b>Potential Hazards:</b> <ol style="list-style-type: none"> <li>1) If procedure not followed, there is risk for awkward postures and overextension, which can lead to musculoskeletal injury.</li> <li>2) Depending on the workload, repetitive motions may be a risk.</li> <li>3) Client or caregiver may slip, trip and fall.</li> <li>4) Client may grab or strike from reactive or defensive behavior.</li> <li>5) Infection Transmission</li> </ol> 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.		<b>Personal protective equipment / devices required / other safety considerations:</b> <ul style="list-style-type: none"> <li>➤ Appropriate Footwear for Caregivers</li> <li>➤ Clothing that allows Caregivers' movement</li> <li>➤ Adjustable bed/stretchers</li> <li>➤ Routine Practices; Additional Precautions as assigned</li> </ul>	
		<b>Training:</b> <ul style="list-style-type: none"> <li>➤ Initial Orientation and regular review</li> </ul>	
		<b>Resources:</b> <ul style="list-style-type: none"> <li>➤ Follow Manufacturer's Instructions for equipment</li> <li>➤ <a href="#">SCHIPP.M1.001 Module 1</a></li> <li>➤ Video <a href="#">SCHIPP.RES.833 Log Rolling On Bed or Stretcher Three Minimum Assist Or More</a></li> </ul>	
<b>Client Criteria and Supportive Information:</b> <ul style="list-style-type: none"> <li>➤ Has a suspected unstable spine</li> <li>➤ Client may not be conscious.</li> <li>➤ Assist from minimum of 3 Caregivers is required to maintain cervical spine alignment while being log rolled onto side.</li> <li>➤ Additional Caregiver is recommended for every 100 lb. of Client weight to maintain minimal exertion of 16 kg./35 lb. per caregiver</li> </ul>			
<b>Steps to perform this task safely:</b>			
		<b>Caregivers prepare for the positioning task.</b> <ul style="list-style-type: none"> <li>➤ Consider placement of bed/stretchers with brakes applied to ensure adequate space for multiple Caregivers on sides and head of bed.</li> <li>➤ Consider bed/stretchers at waist height of shortest Caregiver if possible. Ensure that instruction to Client is given by the appointed leader at Client's head.</li> </ul>	
		<b>Position Selves and Client:</b> <ul style="list-style-type: none"> <li>➤ One Caregiver is positioned at head of bed/stretchers in line with Client's head. Hold Client's head and neck area, with their forearms on either side of Client's head and jaw line, elbows bent resting on mattress. Stand with wide base of support and able to weight shift when rolling occurs.</li> <li>➤ Two Caregivers will position themselves on one side of the bed. Position their hands; one at Client's far shoulder and hip and the other at Client's far waist and knee area, so arms overlap at waist area. Standing in a lunge position with back straight, weight on front foot ready to weight shift onto back leg during the log roll towards them. Physician will be positioned on opposite side of bed.</li> <li>➤ Additional Caregivers may be required and may support Client's leg area.</li> <li>➤ Client may have a cervical collar on and if conscious will try to remain motionless.</li> </ul>	



**Reposition Client:**

- Caregiver at head, counts to three, stabilizing head to turn while other two Caregivers roll Client towards them.
- All Caregivers weight shift together.
- Hold Client in side lying, while Physician checks for spinal stability and rectal control.
- Client may have a spinal board removed or inserted.



**Comfort and Positioning:**

- When examination complete, Caregiver at head counts to 3, and Client is rolled back into supine.
- Caregivers ensure Client is comfortable and safely positioned.

**Managers/Supervisors:** ensure all duties are performed in accordance to training on the Safe Work Procedure, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures) to ensure the staff member, co-workers and clients are safe.

**Staff performing task:** perform task in accordance to training on the Safe Work Procedure and established health and safety regulations. Notify Manager or supervisors of all occurrences, injuries, illnesses or safety and health concerns which are likely to harm themselves or others. Ensure work is completed safely for co-worker, client and personal safety.

**Note:** this task will be monitored periodically to ensure compliance and safety.