

## Ergonomic Bariatric Considerations for Team Members

The ultimate goal when working with a bariatric client is to reduce risks related to musculoskeletal disorders for staff members. It is important to consider the amount of assistance the client requires and always obtain the equipment and assistance needed in order to work safely. Ensure the **transfer logo** is followed and teamwork with other staff when necessary.

*When providing care staff will:*

- Assess clothing is appropriate such as unrestricted clothing and non slip shoes
- Be cognisant of your approach and communication with client
- Be consistent of explanation of procedures to reassure the client
- Always encourage the client to participate as much and safely as possible
- Consider environmental layout, space, clutter, lighting, obstacles
- Use correct body mechanics
- Prior to care take into consideration client factors

*Consider client factors when providing care:*

- Client weight-bearing capacity, limitations and ability
- Strength, balance and physical factors that can influence transfer balance, coordination, footwear, sensation, range of motion
- Diagnosis
- Communication such as hearing
- Alertness
- Pain level and effects of pain medication causing sleepiness
- Behaviours such as fear, worry or agitation

*Equipment:*

- Use a bariatric bed with scale included
- Assess space in room
- Ceiling lift fixed (625 lbs) capacity
- Portable lift (704 lbs) capacity
- Bariatric transfer belts

*\*For further review of General Body Mechanics visit the LMS module **Healthy Back Mechanics***  
**General Body**