

## Capital Senior Living, Inc., Canton

**Intervention Key Words:** Lifting device, Transfer, Lifts, Patient Lifts, Sling, Zero Back Injury System (ZBI)

**Industry:** Health Care

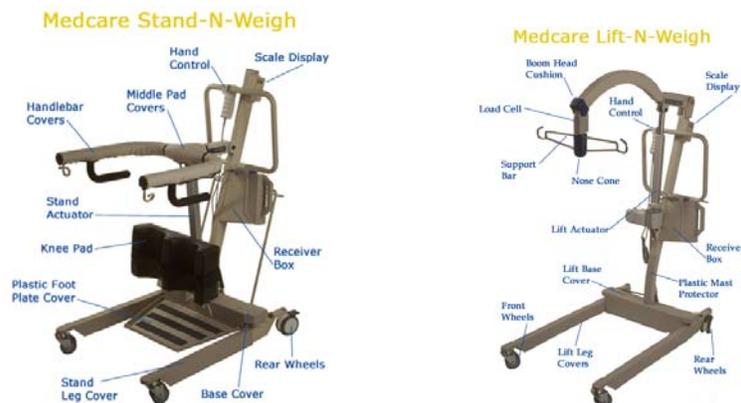
**Risk Factor(s):** Awkward Posture- Back deviations, Neck and Shoulder deviations, Manual Handling- Lifting/Carrying, Repetitive motion

### Situation:

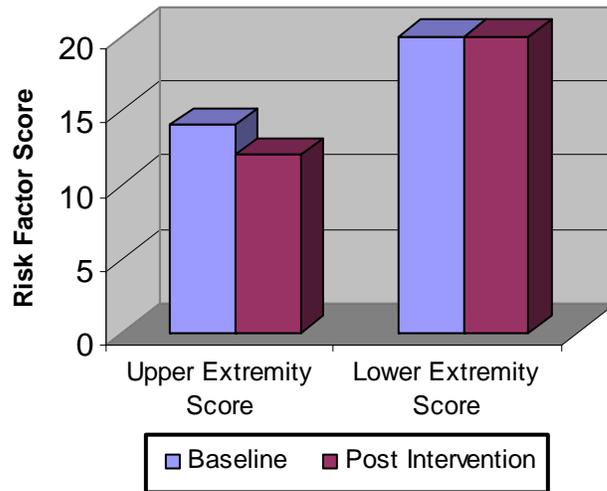
The incidence Cumulative Trauma Disorders (CTDs) in nursing homes is a growing problem. Constant interaction between patients and employees and the absence of proper equipment result in many preventable sprains and strains. Risk factors for nursing home employees include repetition, awkward posturing and the use of physical force necessary for many tasks. Capital Senior Living, like many other elderly care facilities in the state, faced high employee injury and turnover rates due to everyday, work related tasks. These tasks include lifting residents, repositioning them and assisting with their many other daily activities. This facility would like to educate its staff members of proper lifting techniques, obtain the proper equipment and enforce a mandatory “No-Lift” policy.

### Solution:

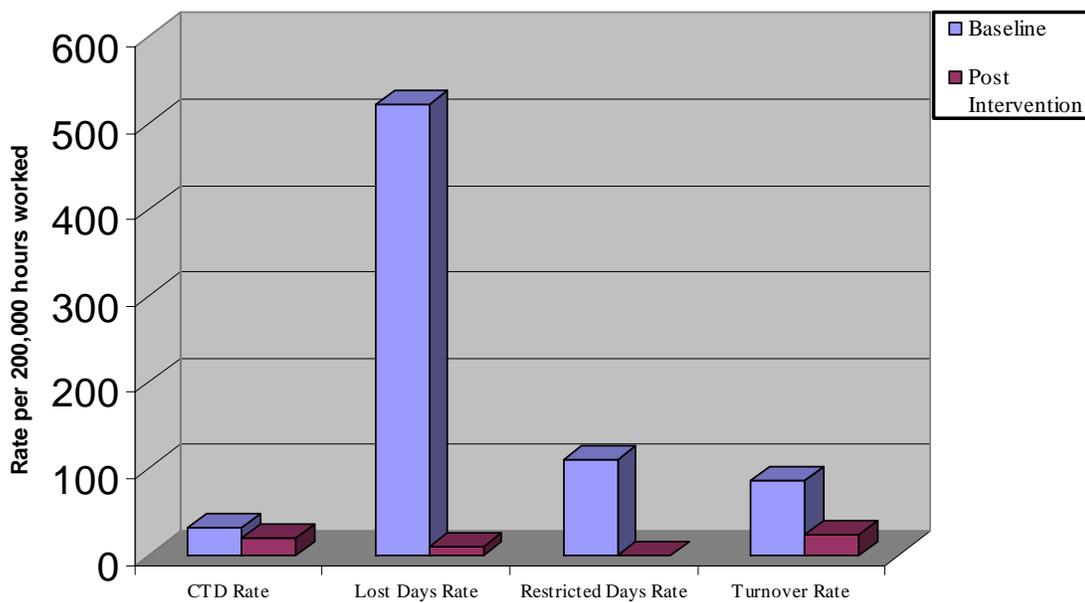
To achieve their goal of having a “No-Lift” policy in place, Shady Lawn sought the help of Medcare Products and its “Zero Back Injury System” (ZBI). Medcare has designed a program which guarantees a 35% reduction in injuries related to patient lifting. The package includes preliminary site analysis, new lift equipment as deemed necessary by the analysis, extensive training on all new equipment, consistent compliance monitoring and post implementation analysis and training. Medcare offers its customers trade-in and upgrade opportunities as the needs of the care facility change. It was determined that Capital Senior Living was in need of 6 patient lifts and a variety assorted slings and belts to be used with the lifts. The total cost for the “Zero Back Injury System” to be implemented at the facility was \$45,726.57. Assistance, in the form of \$36,581, was provided by Safety Grant\$ to offset the costs.



**Results:**



- A 6% reduction in CTD Risk Factor scores was observed within 2 years following implementation of the intervention.



- CTD rate (standardized per 200,000 hours worked) decreased from 31.4 the year prior to the intervention to 19.1 in the 2 years following. This equates to a 39% improvement.
- Lost Days rate decreased from 521.5 to 9.6 while Restricted Days rate decreased from 109.8 to 0. Also, Employee Turnover rate decreased from 86.3 to 23.9 in the same time period. The decreases equal 98%, 100% and 73% respectively.