



## Service Priorities and Programmes Electronic Presentations

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### **Safe Workplace: Ceiling Hoist Training Workshop**

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#### **Keywords:**

OSH

Staff wellness

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#### **Introduction**

Ward 2C is a geriatric and stroke unit, most patients are elderly or stroke survivor with limited mobility. There are lots of clinical care works related to manual handling operations (MHO) such as patients transfer and lifting. Improper handling is hazardous and may lead to occupational strain such as back pain, shoulder pain or sprain injury. In order to minimize the risk of staff being injured in workplace, several handling aids and equipment were provided in ward. Ceiling hoist is one of the device became more commonly used in clinical area. This workshop aimed to reinforce the importance of MHO and also introduced the way to use ceiling hoist safely and easily.

#### **Objectives**

1.To prevent injury related to patient transfer/ lifting. 2.To promote safety awareness of ceiling hoist operation. 3.To enhance/ refresh staff's skill of ceiling hoist operation.

#### **Methodology**

This 20-minutes workshop was consisted by 3 parts: (i) Introduction of ceiling hoist, (ii) demonstration with hands-on practice, and (iii) return demonstration. All ward nursing staff and patient care assistants were involved and divided into small groups. Ergonomics, appropriate body movement/ posture, self-preparation and patient assessment before lifting/ transfer were reinforced during the workshop.

i.Introduction of ceiling hoist: Contents included the purpose, use, precaution and maintenance of ceiling hoist. ii.Demonstration and hands-on practice:Trainer first demonstrated the correct operation of ceiling hoist, and then each participant took turns for practice. In this session, participants also took turns playing the role of patient to feel being lifted by ceiling hoist. iii.Return demonstration:2 participants paired up to perform operation and assessed by trainer.

#### **Result**

Each participant performed satisfactory in ceiling hoist operation. No injury related to patient care is recorded after the workshop. They commented that the workshop was useful and practical. Some of them expressed feeling impressed when being lifted by ceiling hoist and will have better safety awareness while lift/transfer patients. This

workshop will be held regularly for current staff refreshment training and also as orientation for new staff.