



Risk Management Principles, Advice & Recipes

Still Lifting Patients?

Hopefully the days are gone that healthcare providers return home from their shifts and take a Painreliever PM to deal with the pain from moving patients. If you still suffer from this issue, before you lift or transfer a patient, stop and consider the following:

- What equipment is available to move the patient from point A to point B?
- How many people are needed to assist?
- If repositioning a patient, who can assist?
- If ambulating a patient, is there a sit-to-stand lift available to do so safely? If not, where is the nearest gait belt and someone to assist?

With the equipment available and the knowledge we have; back, shoulder and neck injuries should be rare. Not having the time to get the equipment or ask for help should never be an excuse. Please always practice safe patient handling and enjoy a long, healthy and pain-free life!

Play-off Pulled Pork Nachos

Warm roughly 8 oz. of chips in the oven for five minutes. Then start piling on:

- 4 oz. of grated cheese – Cheddar, Monterey Jack or your favorite
- 8 oz. of pulled pork or a favorite chopped meat
- 4 more oz of grated cheese
- Sliced jalapeno pepper
- Season with salt & pepper

Bake for 5 minutes and add avacados (chopped or guacamole), onion, chopped tomatoes, sour cream, cilantro... Sprinkle with lime juice and root on your favorite team!

