



'Ergonomic Patient Handling Card®' -training



The 'Ergonomic patient handling card®' -training scheme is intended for all social and health care professionals, students and their educators. It aims to promote both safety at work and patient safety.

Further information

The 'Ergonomic patient handling card®' -training (later **Card**) is a national Finnish education scheme managed by the Finnish Institute of Occupational Health (FIOH).

The content of the **Card** is based on studies and good practices of nursing ergonomics. Its development was supported by the Ministry of Social Affairs and Health in collaboration with national experts in ergonomics.

Further information

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*Ergonomics
means fluent,
safe working
practices*

Good working practices in the health care sector

- promote safe, fluent work, thus reducing e.g. musculoskeletal strain due to heavy workload in patient handling
- improve the risk assessment and risk management abilities of caregivers and the entire work community
- increase patients' safety and the quality of their care
- increase caregivers' well-being at work

The 'Ergonomic patient handling card®' -training scheme

- defines the competencies, skills and know-how required for safe patient handling situations
- takes into account the obligations of the Occupational Safety and Health Act (Finland 738/2002)
- enables caregivers to improve their competencies in helping patients' basic movement and in patient handling
- increases commitment to training schemes as part of the safety management system for health care organizations
- increases the effectiveness of training schemes for safe, fluent working practices



Content of the training scheme

1. E-learning phase (2 months)

- Ergonomic principles in the prevention of musculoskeletal strain and disorders
- Body control in patient handling
- Biomechanical principles in patient handling and transfers
- Principles of occupational safety and health in health care sector

2. Contact sessions (16 hours)

- Individual risk assessment during patient handling
- Rehabilitative and resource-based activation of patients
- Assistance during different patient handling situations
- Ergonomic principles and safe working habits in patient handling
- Use of assistive devices during patient transfer and patient handling

3. Practice in patient handling and transfers at one's workplace (at least one month)

4. Revision and demonstration of practical skills (8 hours)

The Card is valid for five years; a one-day refresher session is required to maintain its validity.

