BEDS: HANDLING, LIFTING, AND MAKING

INTRODUCTION

Whether you are making a bed or transporting a mattress from one location to another, mattresses are bulky and difficult to lift. If you are required to lift mattresses at work you should know how to do so safely to avoid injury.

MAKING A BED

The possible hazards that you may encounter when making a bed at work are: strain or sprain injuries from lifting or over reaching, sticking yourself on foreign objects found in the bed, and coming into contact with body fluids or other forms of contamination. To avoid these risks, it is recommended that you:

- Always wear gloves when changing linens.
- Quickly check for foreign objects in the linens and possibly underneath the mattress.
- Avoid spreading germs by placing the dirty linens directly into the dirty linen receptacle without shaking them or setting them on any clean surface.
- Use proper body mechanics when changing the bed. This includes keeping your back straight and your knees bent while working.
- Get help if a mattress is too big for you to lift on your own.
- Avoid over-reaching at all times.

LINEN HANDLING

Repeatedly lifting or carrying heavy bags of soiled linens may require forceful exertions and awkward body positions. The following safe work practices can be used to decrease the hazards involved with this:

- Always use hampers with wheels to roll the cart of linens instead of lifting them.
- Clear your intended path before starting to make room for maneuvering the linen cart.
- Use proper body mechanics when handling soiled lines as you would when making the bed.
- Remove and replace linen bags as needed instead of overfilling them.

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TRANSPORTING A MATTRESS

A mattress is one of the more difficult items to move in a room because it big and bulky, and flexible as well. You could not only damage the mattress if it bends beyond its capacity or stays bent for too long, but you could injure your back while trying to maneuver it. Never lift a mattress with the intent of relocating it by yourself – always get assistance!

OVERVIEW

Because of the bulky, hard to maneuver nature of mattresses, always use proper body mechanics when making a bed or transporting the mattress to another room. Getting help when needed and using lift assistance devices if you have access to them will make your job easier and safer.