

BODY MECHANICS IN MEDICATION ADMINISTRATION

TIPS FOR PUSHING A MED CART



Bend your knees slightly



Draw your belly in to engage your deep core muscles (protects your lower back from pain and injury)



Maintain a neutral postural alignment (if required, lean slightly toward the cart when pushing)



Keep wrists firm and not bent when gripping the med cart handle

INJURY RISK ASSESSMENT WHEN PUSHING A MED CART

Is the wrist bent while pushing cart? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is there an awkward posture noted? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is the distance travelled during a pass long? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is the med cart heavy or unbalanced? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is the height of the handle below the wrist? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is there an uneven or slopping area? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is it a poorly maintained med cart? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Are there any restricted areas/spaces? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Is one position held for a long time? _____	<input type="checkbox"/> YES	<input type="checkbox"/> NO
Totals: _____	<input type="checkbox"/>	<input type="checkbox"/>

RISK OF MUSCULOSKELETAL INJURY

5-10 YES = **HIGH**

3-4 YES = **MODERATE**

0-2 YES = **LOW**