The ‘Ergonomic patient handling card®’ - training scheme is intended for all in social and health care who assist clients/patients to move, carers/caregivers, students and their educators [later Carer(s)]. It aims to promote both safety at work and patient safety.

**Good working practices in the health care sector**

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

**The Card**

- 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 Carers 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

*The perioperatiivisen Card (P-Card), see separate poster, has been developed by (Tamminen-Peter L. ja Nygren K. 2018, Tamminen-Peter L. ao. 2012) and was placed at FIOH’s disposal in 2018 for incorporation into FIOH’s Moodle where also the basic Card resides.*
Content

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 the 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 for 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.