

# Ergonomisk kort ® 2012-

## Leena Tamminen-Peter Oy Ergosolutions BC Ab Kort I Ergonomisk Förflyttningskunskap ®



is an evidence based educational patient handling scheme developed by the Arbetshälsainstitutet.

**Target group:** Social- and health care personnel such as physiotherapists, nurses and practical nurses.

**Goal:** To up date one's patient handling skills, according to current recommendations. Good skill reduces work-related musculoskeletal disorders, improves risk assessment abilities when assisting patients, contributes to safety and increases the quality of care and rehabilitation.

### 1) E-learning (during 2 months)

- Importance of ergonomics as a part of the patient's care and own safety
- Applying bio-mechanical principals when assisting patients to move and the principals of assistance
- Assessment of patients' care dependency and need of assisting devices in the own unit
- Body posture from start to end during patient transfer assistance (practical training)
- Care work safety laws and regulations
- Verkkotehtävien suorittaminen (hyväksytyt suoritukset mahdollistavat lähiopiskelujaksolle osallistumisen)

### 2) On-campus education (2 days)

- Natural movement example and assistant's posture
- Assessment and activation of patients strength resources
- Assistance in various transfer situations
- Usage situation adequate assisting devices
- Exceptional occasions and patients tailored to target group

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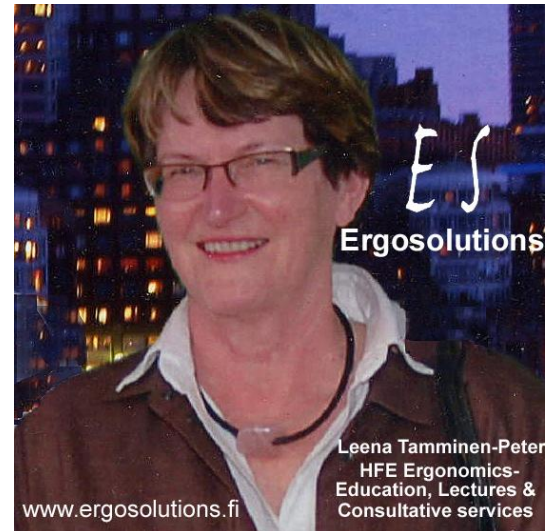
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**3) Training practical patient handling at one's own work place (min. during 1 month) or at a to be agreed upon care work institution**

**4) Brief repetition course followed by the practical Ergonomic patient handling exam (1 day)**

**Skolning:** Organisationer can either book their own Ergonomisk kort ® skolning kurs och arrange courses which private individuals may attend.

## Ergonomisk kort ® skolning kurs i svenska will be held by Leena Tamminen-Peter upon agreement

**Info:** Ergonomisk kort ® utbildare, arbetshäls företagssjukgymnast, föreläsare och konsult i ergonomi, PhD., T.P.T. Leena Tamminen-Peter,

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