



Nursing Homes- Overexertion Injuries

During 2000–2004, nursing home staff experienced 1792 serious overexertion injuries resulting in over 235,000 lost workdays.



These injuries were so serious, the workers had to take time off work to recover, or in some cases were permanently disabled. These overexertion injuries are costly and affect your industrial insurance premiums. They contribute to the reason for the average base rate of \$0.84 per hour per employee paid by nursing home employers in 2006. If your company has a higher than average number of injuries (claims), your “experience rating” could increase by as much as 25% in one year to \$1.03 per hour per employee.

Stated in another way, if you had 10 full-time nursing home employees and had an average number of injuries (claims), you would pay about \$17,000 in premiums in 2006. If your experience rating increased by 25% because you had higher than average injuries, you would pay about \$4000 more or \$21,000 in premiums in 2006.

Causes of overexertion injuries

Over 61% of all serious injuries among nursing homes staff were due to overexertion.

Almost 75% of these overexertion injuries had to do with lifting, pushing, pulling, carrying, etc. another person. These were related to common resident handling tasks such as transfers, bed mobility, and other activities of daily living such as toileting, bathing, and dressing.

Examples of resident handling equipment



Ways to prevent overexertion injuries

Eliminate manual handling and lifting of residents except when absolutely necessary. To accomplish this—develop a comprehensive safe resident handling program that addresses:

- Management commitment to the above goal AND employee involvement
- Written policies for resident handling and equipment use AND a means to enforce policies
- Adequate numbers of resident handling equipment
- Hands-on skills training with equipment on a regular basis (at least annually)
- Ensuring that all direct care staff know how to properly use equipment
- Designating key staff to keep up-to-date with handling equipment and local resource options

