



REPOSITIONING

HANDBOOK PAGES: 46-49

Repositioning your resident is a task that is repeated over and over. It is not the one time of using your back to reposition that will injure you, but rather the **many times each month** we use our back like a crane that causes the injury. In other words, it is the **repetitive** nature of lifting that causes injury.

Practice all three of the methods of repositioning that are illustrated on the Long Term Care and Hospital DVD. You may develop a preference for one method over another. This is fine as long as you understand that each resident is an individual and that one technique may work better than another for a particular resident. You should choose the technique that works best for you and at the same time, is most comfortable for the resident.