

## Safe Patient Handling and Mobility (SPHM) – Resources

### SPH Videos and other on-line training - freely available

- Applied ergonomics for nurses and health care workers and patient orientation <https://www.youtube.com/watch?v=Vy8T8BUAbE4&feature=youtu.be>
- Consequences of Manual Handling For Patients Webinar link <http://www.iienet2.org/details.aspx?id=39509>
- Ergonomics in Healthcare: A Continuing Education Program for Nurses, Nursing Assistants and Healthcare Managers, U Mas – Lowell, 2018. [www.uml.edu/Research/CPH-NEW/nurse-education/ergonomics/](http://www.uml.edu/Research/CPH-NEW/nurse-education/ergonomics/)
- The National Public Radio Series Injured Nurses 2 provides information about the science that supports why patients cannot be lifted and moved manually and the true impact of patient handling related injuries on nurses and their families. For more about why patient handling is so dangerous... listen/read Dr. William Marras interview #2 in the series. <http://www.npr.org/series/385540559/injured-nurses>
- Time for Safe Patient Handling and Mobility <https://vimeo.com/132744617>
- ***Solutions to Challenges Associated with Handling and Mobilizing Bariatric Patients 2017*** [Click here to access the recorded webinar.](#) [Click here to access the webinar handout materials](#) including Bariatric care protocols provided by PeaceHealth Oregon West Network. Oregon Coalition for Health Care Ergonomics website: <http://hcergo.org/>