

# Back to Basics

*handy hints for carers  
to help prevent back injuries*

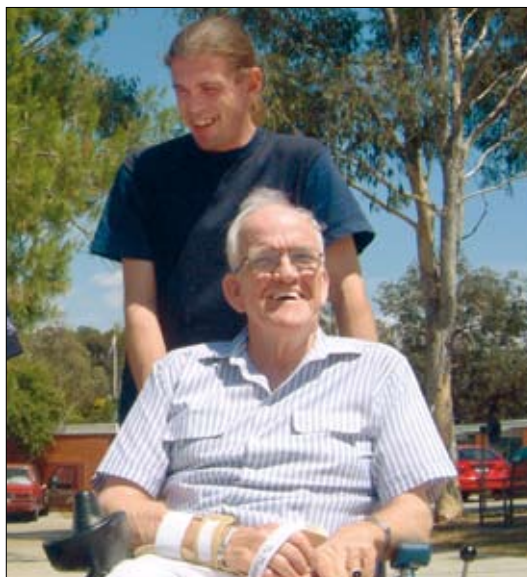


**Australian Government**

**Department of Veterans' Affairs**

# BACK TO BASICS

*handy hints for carers to help prevent  
back injuries*



*Back to Basics – handy hints for carers to help prevent back injuries* was compiled by the Department of Veterans' Affairs.

Inquires about this book should be forwarded to:

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Copies of this book can be obtained by phoning DVA on:

133 254 (metropolitan callers) or  
1800 555 254 (non-metropolitan callers)  
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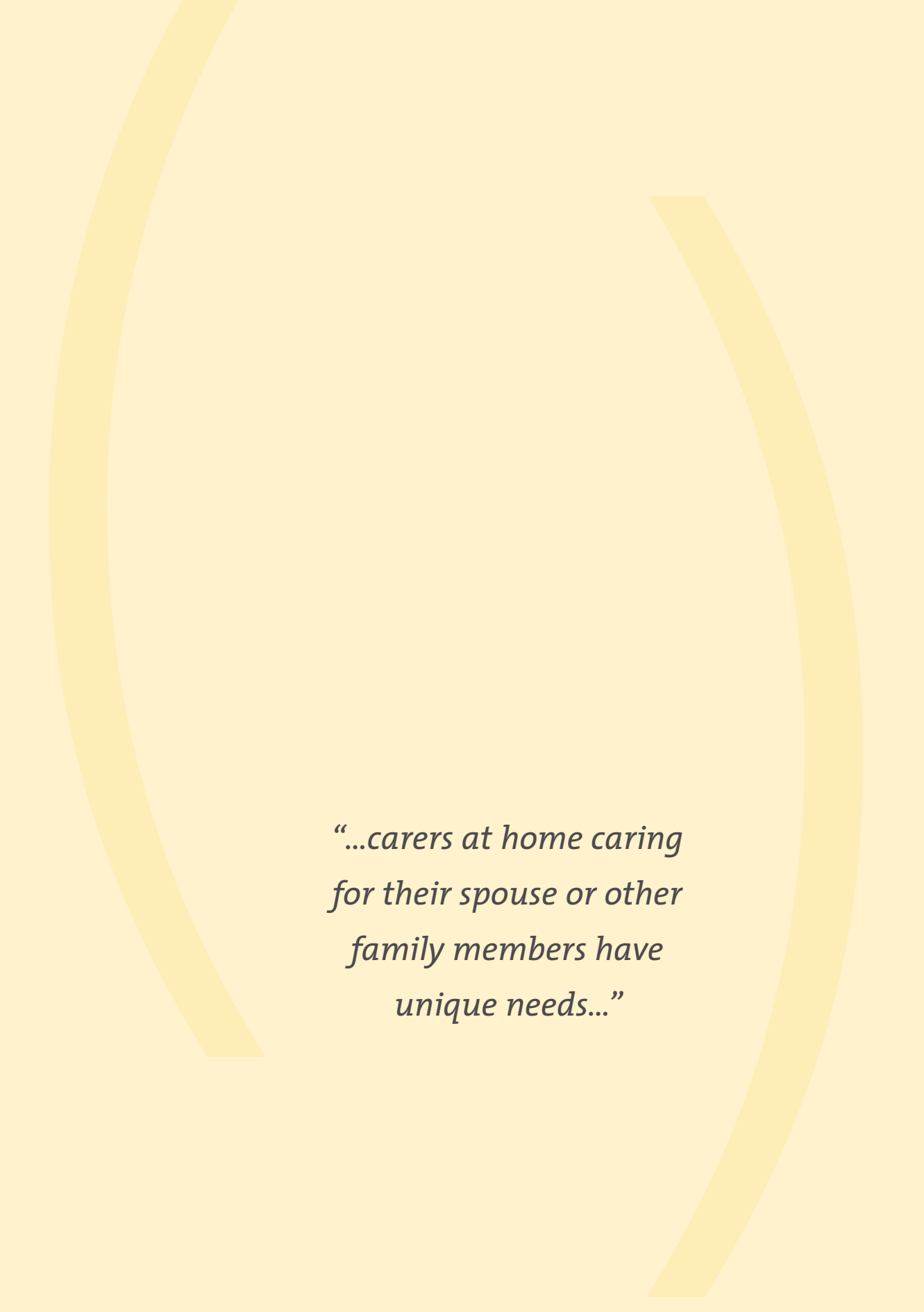
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**Department of Veterans' Affairs**

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*“...carers at home caring  
for their spouse or other  
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# INTRODUCTION





# INTRODUCTION

## SAFETY TIPS

### Safety Tips—General

- Never attempt to lift the person you are caring for.
- Utilise every technique possible, such as machines or other people to reduce the risk of injury to yourself or the person you are caring for.
- Familiarise yourself with equipment that is available to assist you in your caring role.
- Do not attempt to move someone by yourself if you can get help.
- Before moving or transferring a person, explain to them exactly what you are going to do. Plan the transfer yourself carefully before attempting it.
- Gain the co-operation, both physically and mentally, of the person being moved.
- Avoid loose-fitting clothes that may interfere with your manual handling tasks. Wear appropriate clothes and footwear as recommended by your health provider.
- Posture is important. Try and maintain good posture at all times.
- Keep areas where you are performing transfers unobstructed.

*“...carers at home caring for their spouse or other family members have unique needs....”*

Carers play an important role in providing essential support to their spouse, family members, friends or other members of the veteran community who are unable to totally care for themselves. The Department of Veterans' Affairs recognises this vital role, through its support to veterans and war widows/widowers, their dependants, families and carers.

*Back to Basics* is an easy-to-use reference guide for carers that demonstrates current, accepted methods for moving or transferring a person in their care.

The techniques of 'transferring' encourage a carer to transfer the bodyweight of the person being moved, rather than lifting the person. These principles ensure the safety of both the person being cared for and the carer.

This guide includes an overview of products and aids available, including those that encourage mobility and can reduce the risk and severity of injury in the case of falls. Exercise ideas to assist the carer to maintain good health and help them to perform their role are also included.

