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## **A Safer Approach to Caregiving**

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### **Think Before You Lift**

For so many family caregivers, our own good health and mobility are the difference between our loved ones' well-being and decline.

We need to look at our homes in a vastly different manner when caring for a loved one. Upon analysis of any increased potential for back injuries, we need to find solutions which could keep us injury free and our homes safe.

Thankfully, there are now adaptive devices and lifting solutions that our parents never had when they cared for their loved ones.

According to the CDC..

Numerous studies have shown that training caregivers how to use proper body mechanics to lift residents is not an effective prevention measure because lifting the weight of adult patients is intrinsically unsafe.

In a nutshell, even trained care professionals are being advised that lifting without any assistance or assistive devices is a potentially dangerous task and should be avoided. Back injury due to improper lifting is one thing that family and professional caregivers share, and one that we hope to see disappear for both groups of loving and caring individuals.

**[Here's what you need to know if you are dealing with mobility issues and caregiving.](#)**

**Don't miss the article,  
[A System's Approach to Safer Caregiving](#)**

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