

# MAKE LIFTING EASY

## Background

My name is Craig Leach and I have been working at Flinders Private Hospital for over 10 years. The first 8 years I was working as a Patient Services Assistant (PSA) and for 5 of those years, I was the Manual Handling Facilitator for my work group. Whilst I was in that role, I was responsible for the annual refresher Manual Handling Training for my work group, as well as being part of the editorial team in developing the Flinders Private Hospital Manual Handling Handbook. One of the big improvements that were made in the PSA department was the introduction of the Gzunda machine, which I played a part in. This Gzunda machine eliminates back and shoulder stress by pushing the bed for you.

Nearly 2 years ago I had an opportunity to develop my skills further in the health industry, by transferring into the CSSD department. I have always had an interest in this field and have found the transition from being a PSA to a sterilizing technician rewarding. Working in CSSD has been the best career change for me, I have learnt a lot and have been able to appreciate how important the CSSD department is in the day-to-day running of Flinders Private Hospital. In our CSSD Department at Flinders Private Hospital I was pleased to take up again the Manual Handling Facilitator role. Over the last 15 months Flinders Private Hospital has had an increase in Orthopedic Surgery, resulting in more surgical loan kits coming into the hospital.

The instruments in these loan kits can weigh up to 15 - 20kg each and can be very difficult to get out of the delivery boxes. Some of the CSSD personnel and myself, who check in loan kits, were finding it hard on our bodies bending down to pick up loan instruments from floor level. Even using some Manutention Positions such as the Weightlifter's Position, was still very difficult. As the Manual Handling Facilitator, I felt there was a real urgency to fix this problem. I wanted to get the boxes off the ground and up to waist height for easier access.

## Action Taken

After speaking to my Manager about the problem we had with the weight of the loan kits, we both set out to look for a possible solution. We discovered the Econolift Ultimate PV80 manufactured by Service Assist on the internet and it was exactly what we were looking for. My Manager and I were very impressed by the features that were offered by the Econolift Ultimate PV80 -

- Flexibility to accommodate all types of loan delivery boxes.
- Height adjustable to enable comfortable working posture.
- Manoeuvrable in confined spaces.
- Loads multiple forms of storage from the floor.
- Inexpensive lifting solution.
- Dual purpose lifting platforms.
- Maximum weightlifting is 80kg

My Manager and I had an opportunity to attend a Health Expo at the Wayville Showgrounds, to personally try the Econolift Ultimate PV80 and to speak to the experts at Service Assist about this machine. I was pleasantly surprised on how easy it was to operate the Econolift Ultimate, the manoeuvrability of this machine was excellent. The beauty about the Econolift Ultimate is that it will be able to lift any loan box that gets delivered in our CSSD department. Our department was able to have an Econolift machine on trial for a short time and we put it to the test. The results were unanimous, we needed to obtain our own.

## Results

After purchasing the Econolift Ultimate PV80 and having it in our CSSD department now for the last 8 months, has made a huge difference in the way we tackle loan kit boxes. As the Manual Handling Facilitator and a key member in obtaining this new machine, I took it upon myself to train our CSSD personnel and get them familiar with the Econolift Ultimate PV80. It wasn't long before I heard comments such as, "Using this machine is easy" and "It's making a big difference in the way I check off loan kits, I don't get sore anymore."

Now we are able to lift loan instruments out of the boxes at anybody's waist height, instead of off the floor, resulting in no back and shoulder injuries. Using the Econolift Ultimate properly means that some of our CSSD personnel who have had previous nagging injuries, can use it to check off loan kits more safely and easily, where it was restricting them before. Another great asset with the machine, is that our CSSD personnel can easily stack loan kit boxes on top of each other without lifting them ourselves, resulting in less clutter and a safer working area.

In conclusion, I believe the Econolift Ultimate PV80 developed by Service Assist is a fantastic piece of equipment, which definitely resolved our issues in handling loan kit boxes and containers. As the Manual Handling Facilitator in my department, I'm confident that the Econolift Ultimate will help the CSSD personnel maintain the natural curves in their spine and will enable them to work safely and increase productivity. I highly recommend the Econolift Ultimate PV80 for any CSSD department that deals with loan kit boxes, which is designed to keep your safety and well being in mind.