

# Ergonomic patient handling card®

– way to promote good working  
practices in the health care sector



# What we know about safe working practices?

- Good working practices in the health care sector promote safe and fluent work by
  - reducing musculoskeletal strain, e.g., due to heavy workload in patient handling, and in the long term also by reducing absence of work
  - promoting caregivers' well-being at work
  - increasing patients' safety and the quality of their care



# Ergonomic Patient Handling Card® - Knowledge and skills for safe working practices

- Ergonomic Patient Handling Card® is a national Finnish learning programme managed by the **Finnish Institute of Occupational Health (FIOH)**, since the year 2009/2010
  - The Card is also available in English
- The content of the Card program is based on studies and good practices of nursing
- The development of the Card program has been done in collaboration with **the Ministry of Social Affairs and Health**, and **the Sotergo - ergonomics network of the social and health care sector** in Finland.
  - The social partners are active players/operator in the Sotergo –network.

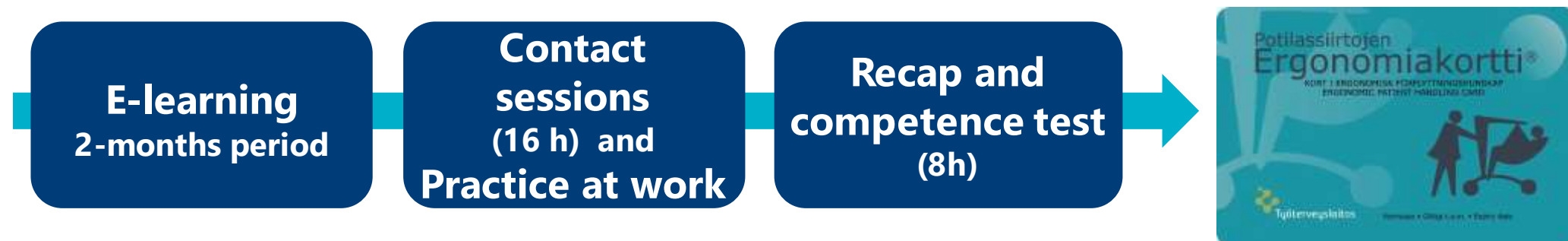


# Ergonomic Patient Handling card® -training

## The aim of the education

- to qualify the standards of know-how and skills needed to manage safe assistance of patient handling.
- to enhance the fluency and safety of work in individual and organizational level.

**Content of the training program** includes both E-learning phase and contact sessions with practical training:



# Content of the training scheme

## 1. E-learning phase (2 months)

- Ergonomic principles in the prevention of musculoskeletal strain and disorders
- Body control and management; independent training and reflection
- Biomechanical principles in patient handling and transfers
- Principles of occupational safety and health in health care sector
- *Cognitive ergonomics (optional section)*
- *Healthy worker (optional section)*

## 2. Contact sessions (16 hours)

- Individual risk assessment during patient handling
- Rehabilitative and resource-based activation of patients
- Ergonomic principles and safe working habits during different patient handling situations
- Use of assistive devices during patient transfer and patient handling

## 3. Practice in patient handling and transfers at one's workplace (at least one month)

## 4. Recap and competence test



Ergonomic Patient Handling card® is valid for five years

# Status of Ergonomic Patient Handling Card® (2021)

- **In total, nearly 10 000 health care professionals or students** (nurses, practical nurses, physiotherapists) have passed the Ergonomic Patient Handling Card® program in Finland
  - About 1000 persons per year
- **In total, there are 400 trainers** for Ergonomic Patient Handling Card® in Finland
  - Over 50 social and health care units or practitioners
  - Nearly 20 social and health care institutions

## FACTS:

- Finland has the population of 5.53 million people
- In Finland, 17% (402 751 people) of the working age people work in social- and health care sector:
  - female 351 513 and } (Statistics Finland, 2018)
  - male 51 238
  - public sector 276 000 people } (Statistics Finland, 2020)
  - private sector 111 000 people

# Case Oulu University of Applied Sciences: effects of the Ergonomic Patient Handling Card® training

- Ergonomic Patient Handling Card® training is available in English for the students of Oulu University of Applied Sciences
  - *“The ergonomic patient handling means more than only physical patient’s transfer. I learned also that the one goal of ergonomics is to develop the safety and health of work.”*
  - *“In my opinion, studying ergonomic patient handling is important for the well-being of both workers and patients.”*
  - *“I am so satisfied I've chosen this course since this kind of knowledge is very useful and maybe I will also be able to improve the conditions and techniques of my future colleagues back in my country”*



# Case City of Rovaniemi: effects of the Ergonomic Patient Handling Card® training

The City of Rovaniemi estimated that the amount of sick leave days was decreased in the care unit receiving ergonomic training

- 900 sick leave days in 2009
- 10 nurses received the EPH Card training – new aid equipment was also purchased to the unit
- 300 sick leave days in 2012
- **A research on the effects of ergonomics and the Ergonomic Patient Handling Card® program is planned in near future**





## Further information



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### **Read more:**

[Ergonomic Patient Handling Card®-training | FIOH \(ttl.fi\)](#)

# *Thank you for your interest!*

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*The Trade Union for the Public and Welfare Sectors JHL*



**Local Government  
Employers**



**SUPER**

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Occupational Health**

