

RELIABLE

Health Care

*Providing the highest quality care
for the residents in our facilities.*

Reliable Newzz Quarterly

2nd Quarter 2009

Promotions

We are pleased to announce that Angelina (Angie) Reynolds, previously Director of Nursing at Chulio Hills Health & Rehab has been added to the corporate clinical team as a nurse consultant. Mesha George, previously Assistant Director of Nursing at Chulio Hills Health & Rehab will assume the Director of Nursing role. Congratulations to both of you !!!

Slippery When Wet !



A clean work place is a healthy work place. Part of keeping your work environment clean and healthy includes floor maintenance. Our experienced maintenance staff does an excellent job of providing employees and residents alike with sparkling clean floors. Whenever the floors are being maintained notices are readily available for all to see, cautioning you of a wet floor condition. Nearly one third of our worker compensation injuries over the past year have been related to slips and falls from wet floors. These signs are used for your protection. In addition to

observing these wet floor notices, be sure the soles of your shoes are slip resistant. Slip resistant shoes and a keener eye will help keep many knees, elbows and hips happy in the future. Consider that someone who is disabled or impaired, physically or mentally, may enter a wet floor area. In the same way, consider that people visiting our facilities may be distracted or stressed, with other things on their minds, and may not be as aware of slip and fall risks as they might otherwise be. All such situations are factors that present an increased risk of injury. Adopting a team approach to communication of wet floor conditions is a good start.

Put Your Back Into It ?



How many backs do you have? Life is full of choices and the choices we make usually affect us the rest of our lives. Back strains in many cases are avoidable by following the established policies (i.e. lift policy) and procedures that exist for your safety as a caregiver. Nearly one quarter of our worker compensation injuries over the past year have been related to back strains. Many of

these strains could have been avoided by adhering to established policies and procedures, practicing good body mechanics, and asking for help from another caregiver. Awkward postures while lifting can create a back strain. Awkward postures occur with twisted, hyper-extended or flexed back positions. They are unsafe back postures for patient/residents lifting. Increased potential for employee injury exists when awkward postures are used when handling or lifting residents. Awkward postures include:

- Twisting while lifting
- Bending over to lift
- Lateral or side bending
- Back hyperextension

Forces on the spine increase when lifting, lowering or handling objects with the back bent or twisted. This occurs because the muscles must handle your body weight in addition to the weight of the resident being lifted. More muscular force is required when awkward postures are used because muscles cannot perform efficiently.

2nd Bowling Tournament

September 18th, 2009 at 10:00am in Rome at Floyd Bowling Lanes.



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