



ACCESSING INDEPENDENCE
full service personal care



ILS TRAINING ACADEMY Postponement

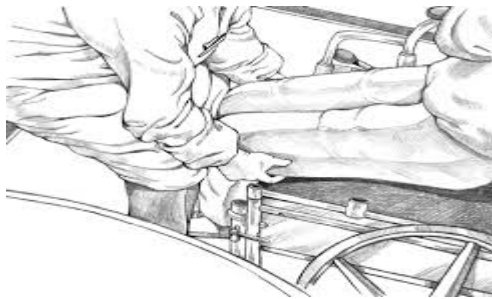
ILS Training Academy in person sessions are on hold at this time. You can register and check out topics for on-line courses at www.indlivingservices.com/TrainingAcademy **Register Now!!**

We are looking into a virtual ILS Academy Training for October.....stay tuned.

SUPER HEROES

We cannot thank everyone enough for all you do especially during these trying times. One person caring about another represents life's *Greatest Value!!* Please continue to be *Vigilant, Well & Safe* and use all safety precautions during the pandemic. You are our **SUPER HEROES!** *****Please contact us if you are in need of PPE supplies*****

GREG'S SAFETY CORNER



Transferring is the act of moving anyone with low mobility from one position into another safely. For instance, clients in wheelchairs, you may have to transfer them from their chair to the toilet or the bed. When working with low-mobility clients, it's essential to know how to transfer them safely so that neither of you get hurt. Here are some tips:

Use your legs

No matter what type of transferring you're doing, make sure you're always keeping your back and neck straight and your feet shoulder-width apart. Bend at your hips and knees, and use your legs to lift your clients rather than your back.

Grip their torso

it's important to refrain from pulling on your clients' arms and legs or gripping them under their underarms while you're transferring. Stand as close as you can to your clients and grip them around the torso or hips. Many caregivers use an assistive belt that wraps around their client's body, which is often easier to hold onto.

Communicate

you aren't in this alone. Have your clients help as much as they can. Ask them to slide toward the edge of the bed or chair and hang onto you as they're moving. Make sure you let them know every step you're taking throughout the transferring process so they can prepare themselves.



Importance of Safe Sharps Disposal

Used needles and other sharps are dangerous when not disposed of safely because they can injure people and spread infections. The most common infections are: Hepatitis B (HBV), Hepatitis C (HCV), and Human Immunodeficiency Virus (HIV). **Safe sharps disposal is important whether you are at home or at work.** Consumer should never place loose needles and other sharps in the trash cans or recycling bins, and never flush them down the toilet. This puts PCA's & household members at risk of being harmed. Pet owners who use needles to give medicine to their pets should follow the same sharps disposal guidelines used for humans.

TAMAQUA & LANCASTER NEED CAREGIVERS

Need Extra CASH? Our Referral Program Includes a BONUS! We're Hiring – Can You Help?

Independent Living Services is always looking to grow our team with the best and brightest individuals, just like you!

Reminding everyone of our Employee Referral Bonus Program.

Here's how it works ... Refer a qualified candidate and when that individual successfully completes their 90 days of continuous employment (3 or better rating on their introductory appraisal), **you will receive \$100.00!**

In order to be eligible for the referral bonus payout, you need to *be actively working at our company and refer a candidate who hasn't previously applied for a role in our company or been referred by another employee.* If you know someone who you think would be a good fit for our company, let us know. We will send you the referral bonus form.

The Tamaqua Team: Annette, Denise, Ashley & Lisa

The Lancaster Team: Byron, Monica, Stephanie & Greg