

March 2021



Independent Living Services

ACCESSING INDEPENDENCE
full service personal care

Editor: Greg Peters, Safety Mentor



ILS TRAINING ACADEMY

Virtual Training on February 9th was recorded & is available through the end of the month of March for credit and in-service rate. Please contact your Staffing Supervisor with any questions. Subjects are Transfer Demonstrations & Dealing with Difficult Behaviors. www.indlivingservices.org/employee

Thank You to our Super Heroes!

Thank You for all you do! One person caring about another represents life's *Greatest Value!!*

Please continue to be *Vigilant, Well & Safe. Wearing of masks* and use all safety precautions.

You are our *SUPER HEROES!*

Please contact us if you are in need of PPE supplies we are currently limiting #'s of personal visits in our offices. Please contact your Staffing Supervisor if requesting a face to face meeting or picking up of supplies.

SAFETY CORNER

REPORTING **SAFE** VERSES **UNSAFE** VISITS:

When being prompted to record a safe or unsafe visit when clocking out of our shifts.

Please: remember refusal code #4 indicates change in condition/problem = "Unsafe Visit"

This should include making a call to your Staffing Supervisor or On-Call to be sure all is being addressed.

Prevention

Regular stretching and strengthening exercises for your work activities, as part of an overall physical conditioning program, can help to minimize your risk of **SPRAINS** and **STRAINS**.

The UDSF Safety committee wants you to be safe. Sprains and strains can be serious injurious and can be avoided. You can own your practice and quickly and easily fix many of the hazards that lead to sprain and strain injuries. Look at the tasks in your workplace and use the simple solutions below to make the work safer and easier. Remember....it's all about staying safe!

1. **Store it off the floor** Lifting from the floor doubles your risk of back injury compared to lifting at waist level.
2. **Push, don't pull** Pushing lets you use your body weight and larger muscles to move a load.
3. **Keep it close** Shorter reaches to tools, materials and supplies means less strain on your arms, shoulders and back.
4. **Hands below head** keeping your hands below your head reduces stress on your shoulders and neck.
5. **Grip, don't pinch** gripping with the whole hand uses stronger muscles than pinching with your fingers. This means less strain on your hands and fingers.
6. **Keep wrists straight** you have more grip strength and you'll feel less strain on your hands and wrists.
7. **Roll it** Use carts, hand trucks and conveyors instead of carrying items. Carrying is hard on your hands, arms and back, and can make a slip or trip more likely.
8. **Work at waist height** too much bending, kneeling and squatting puts strain on your back, knees and hips.
9. **Keep a level head** Tipping, tilting or twisting your head to see your work places strain on your neck and shoulders.
10. **Use low vibration hand tools** using tools with high vibration reduces your hand strength and dexterity, and increases the chance of injury.
11. **Change it up** Moving the same way over and over for a long time can lead to fatigue, mistakes and injury. Reduce how often and how long risky tasks are done.
12. **Match work height to the task** set your work a little below elbow height when you have to use more force. Set your work a little above elbow height when the task needs a light touch and a better view.

\$500 REFERRAL BONUS

The heart of our business at Independent Living Services is in our caregivers. Our ability to provide the necessary care for those less fortunate in our community is dependent on our ability to attract the most reliable, compassionate, and excellent caregivers in the community. We also know that our best caregivers come from recommendation and referral from our own employees. The COVID-19 pandemic has brought trying times to us all, and we are in need of quality caregivers in Lancaster, Schuylkill and Carbon counties. If you have a friend or family member who is interested in our team, please complete the attached form and send to Lisa Searfoss (Tamaqua Recruiter) or Stephanie Guerra (Lancaster Recruiter). If your referral meets the hiring criteria and is brought on as a PCA for 90 days (with a satisfactory 90 day evaluation), you will receive a referral bonus of \$500 paid directly to you!!!! This will be effective as of 3-8-21 and last until 5-31-21(after which, it will return to our normal referral bonus of \$100). We thank you for trusting us to provide employment for your friends and family members and we look forward to showing it with this limited time referral bonus!

Referral Bonus ...



\$500!

Tamaqua Team: Annette, Denise, Ashley & Lisa / Lancaster Team: Byron, Monica, Steph, Luz, Lori & Greg

