

### WOW'S

#### Situational Hazard:

Incorrect manual handling and poor body postures/ergonomics can cause injury to staff, especially when done on a repetitive basis.

Preventive Measures: Use of correct body mechanics and manual handling techniques can prevent injury.

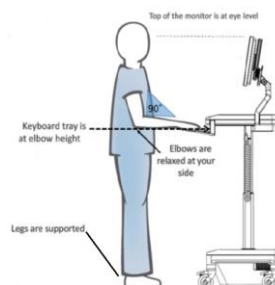
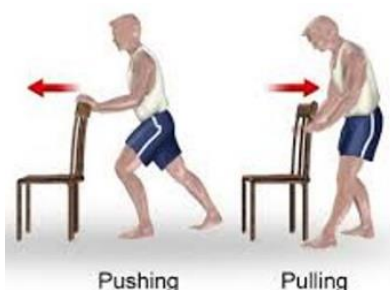
NH has implemented mobile lab workstations called WOW's that allow you to change your posture from standing to sitting.

- Charge the device when not in use
- Maintain clear sightlines when moving WOW
- Avoid unnecessary clutter to work top – particularly loose objects.



#### Ergonomics:

- Maintain T-Rex arms when typing, pushing, pulling, turning corners. To initiate movement, stagger stance to push or pull WOW to avoid stress to low back.



- Use the "N-stride" when pushing longer distances (including turning corners).
- Use the "4-point turn" (the toggle button under the left handle) when navigating in smaller spaces (patient rooms, in/out of elevators).
- PULL (not push) WOW in/out of elevators using the toggle button to engage the 4-point turn feature.
- Adjust height when accessing lower drawers to avoid bending – stagger your stance and bend at the knees and keep your centre of gravity between your base of support to avoid stress on low back.

If you have any questions please contact the Injury Prevention Consultants.

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