
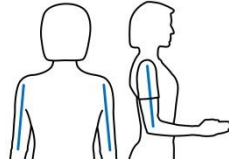

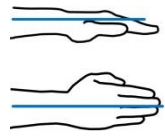
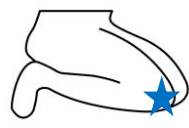
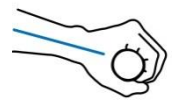


Baby Friendly Initiative Infant Blood Collection Ergonomics Tips

KEY ERGONOMICS CONCEPTS

Neutral Postures

					
Neck & head upright	Arms & shoulders relaxed & at sides	Back curves natural	Wrists straight	Avoid contact stress	2-Finger semi-power grip

Hand Forces:

- ✓ Minimize grip force: Apply only gentle pressure. High force increases hand fatigue, and can be painful to infant.
- ✓ Minimize grip time: Do not hold pressure unnecessarily long. Long pressure applications increase hand fatigue.
- ✓ Adequate hand rest: Relax hand after each pressure application to reduce hand fatigue and allow blood to flow into foot.
- ✓ 2-Finger semi-power grip: Distributes force between 2 fingers rather than overstressing 1 finger.

Sitting up in Bed

Head upright

Back upright

Elbows down & close to body



What to do:

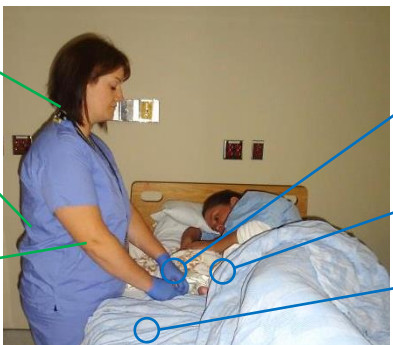
- ✓ Use hand nearest mother's head to squeeze
 - Helps keep elbows down & close to body
 - Alternate hands to divide stresses between hands
- ✓ Adjust bed and/or head end height to reduce forward bending
 - Helps keep back upright
- ✓ Mother towards edge of bed
 - Helps reduce reaching & forward bending

On Side in Bed

Head upright

Back upright

Elbows down & close to body



What to do:

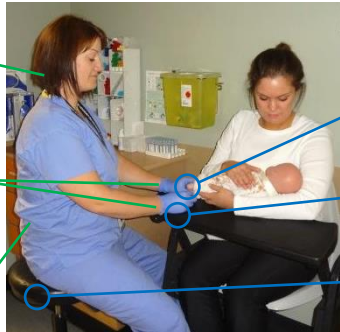
- ✓ Apply pressure with hand by mother's head
 - Helps keep elbows down & close to body
 - Alternate hands to divide stresses between hands
- ✓ Mother & infant positioned for easy reach
 - Helps reduce reaching & forward bending
- ✓ Adjust bed height to reduce bending
 - Helps keep back upright

Outpatient Chair

Head upright

Arms resting on armrest

Back upright



What to do:

- ✓ Apply pressure with hand nearest mother's body
 - Helps keep elbows down & close to body
 - Alternate hands to divide stresses between hands
- ✓ Rest arms on armrest
 - Helps relax shoulders
- ✓ Use height adjustable stool
 - Helps keep back upright

Patient Room Chair

Head upright

Elbows down & close to body

Back upright



What to do:

- ✓ Apply pressure with hand nearest mother's body
 - Helps keep elbows down & close to body
 - Alternate hands to divide stresses between hands
- ✓ Consider propping infant up with pillow
 - Helps reduce reaching & forward bending
- ✓ Mother at side of chair
 - Helps reduce reaching & forward bending
- ✓ Use height adjustable stool
 - Helps keep back upright
- ✓ If appropriate stool not available, use cushioned kneeling board
 - Cushions knee against hard floor



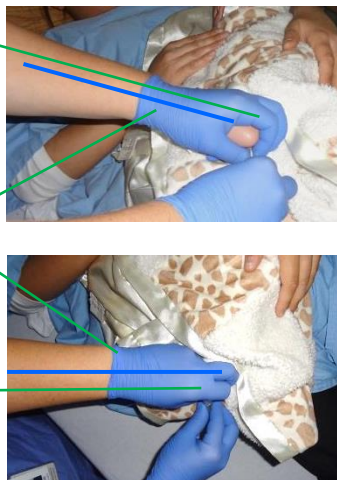
Kneeling board

Applying Pressure

2-Finger grip

Wrist straight

2-Finger grip



What to do:

- ✓ Keep wrist straight while keeping arms at sides
- ✓ Use 2-finger grip & avoid extreme thumb postures
 - Avoid milking motions which are hazardous to thumb & negatively impact blood sample quality
- ✓ Keep foot low
 - Prevents gravity from working against blood flow
- ✓ Avoid excessive pressure
 - Prevents hand fatigue, encourages blood flow and reduces infant discomfort
- ✓ Allow adequate rest between pressure applications
 - Prevents hand fatigue and encourages blood flow
- ✓ Apply pressure with hand nearest mother's body
 - Helps keep elbows down & close to body
 - Alternate hands to divide stresses between hands

REVISION LOG

Version	Description of Change	Revision Date	Implementation Date
1.0	Created		Nov 2015
2.0	Add kneeling board option	08 Dec 2015	08 Dec 2015
3.0	<ul style="list-style-type: none"> • Formatted change for QMS upload • Added document disclaimer for ePOPS upload 	31 May 2017	31 May 2017

Attention: This document is published on the ePOPS website

Revisions made to this document require an update to the corresponding document published on the ePOPS website