

## **APPENDIX VII**

### **External Resources**

#### **Patient Care Lifting Guidelines**

URMC Patient handling, including lifting, transferring, and repositioning, is covered by SMH Policy 10.22 Minimal Lift for Patient Handling. This policy is available under URMC policies for URMC staff only and not maintained by EH&S.

#### **Hand Tool Ergonomics**

NIOSH has provided a [guide](#) to selecting non-powered hand tools for best ergonomics. It's a recommended resource for employees in the Trades and other positions that use hand tools regularly.

#### **Ergonomic Self-Assessment Instructions**

For computer users, this self-assessment tool is recommended as a first step. Instructions can be found on our [website](#).