

M1800 Work Simplification

Grooming, Upper & Lower Body Dressing

Grooming

1. Sit whenever possible to perform grooming, and sit correctly by using good posture.
2. Use surfaces that are at a level to perform grooming without bending or raising your hand above the elbow.
3. Avoid reaching, stooping, bending
4. Push, don't pull. Slide, don't lift.
5. Adapt counter space for easy accessibility of grooming utensils, or use a lapboard for wheelchair patients.
6. If you have difficulty manipulating medication containers, ask your physician to write, "Do not put in child-proof container."
7. Choose combs, brushes, etc. with large handles as they are easier to grip.
8. Put on a terry cloth bathrobe if you can't dry your back.
9. Use a bath brush for feet and back and get one with a long handle.

Dressing Upper and Lower Body

1. Sit whenever possible when dressing upper and lower body, and sit correctly by using good posture.
2. Avoid reaching, stooping, bending
3. Have clothes laid out before beginning.
4. Select larger clothing than usual, as it is easier to put on and take off.
5. Select clothing that opens in front and opens all the way so that you do not have to step into it.
6. Select clothing with large flat buttons
7. Use adaptive equipment for manipulating small fasteners.
8. Use a large paper clip or ring on zipper for easy manipulation
9. Buy pants with elastic waistbands.
10. Put sore arm/leg in first and take out sore shoulder, hip last.
11. Use a long shoe horn to put on shoes to prevent bending.