

# 2023 Lab Blood Draw Stations

## Body Mechanics Program

# Equipment Adjustment



## **Adjust Member Chair**

- Rotate member chair to face sideways
- Move table against member chair

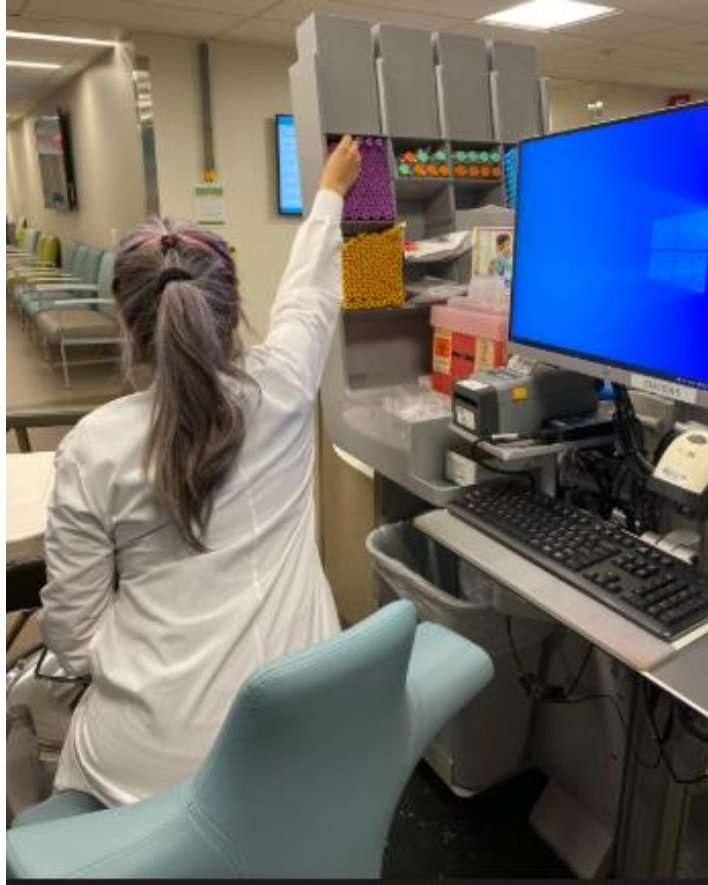


## **Adjust Table Height**

- Use angled wedges
  - helps maintain straight wrists
  - easier access to veins

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# Gathering Supplies



## ***Improper position:***

- Reaching above shoulder and away from body.
- Sitting when reaching for tubes

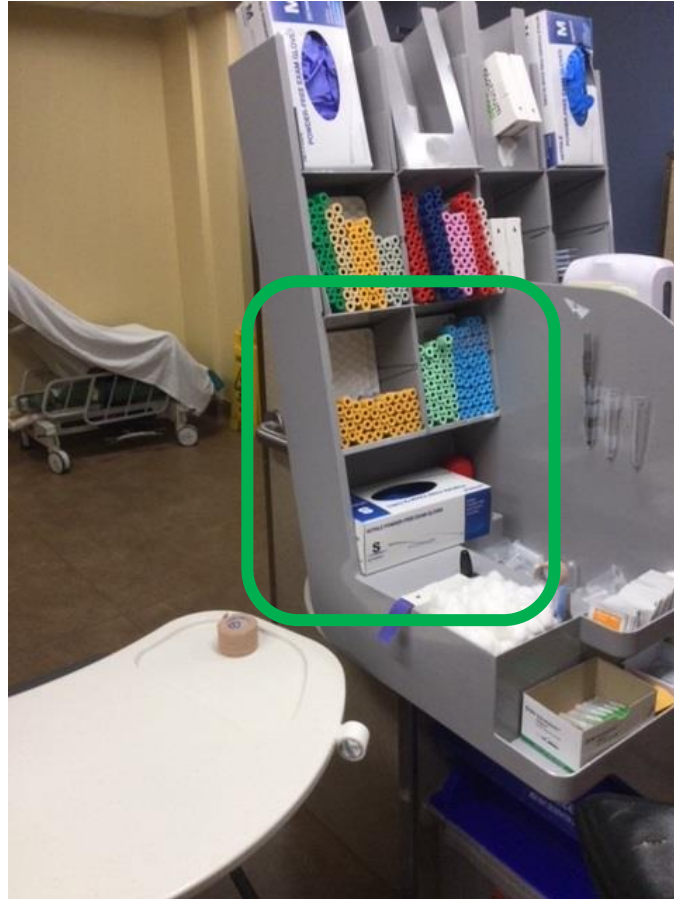


## ***Proper position:***

- ✓ Stand to gathering supplies
- ✓ Working within your “Work Zone”

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# Setting up station



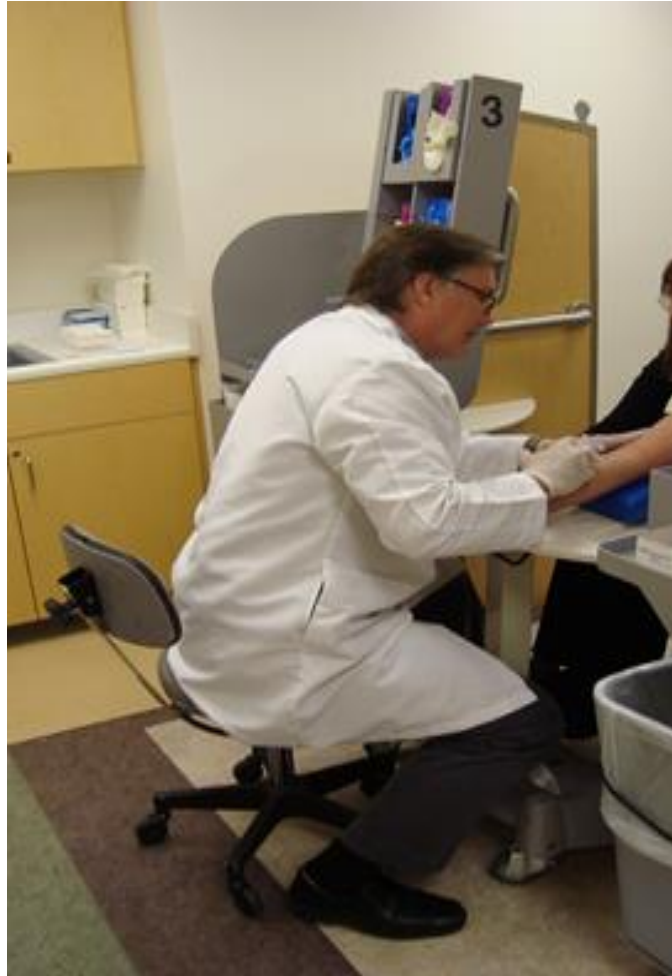
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Keep supplies close to avoid awkward postures



Place tubes on table prior to venipuncture do not reach for tubes or supplies

# Sitting Posture



## **Improper Positioning**

Patient arm and member sitting facing staff

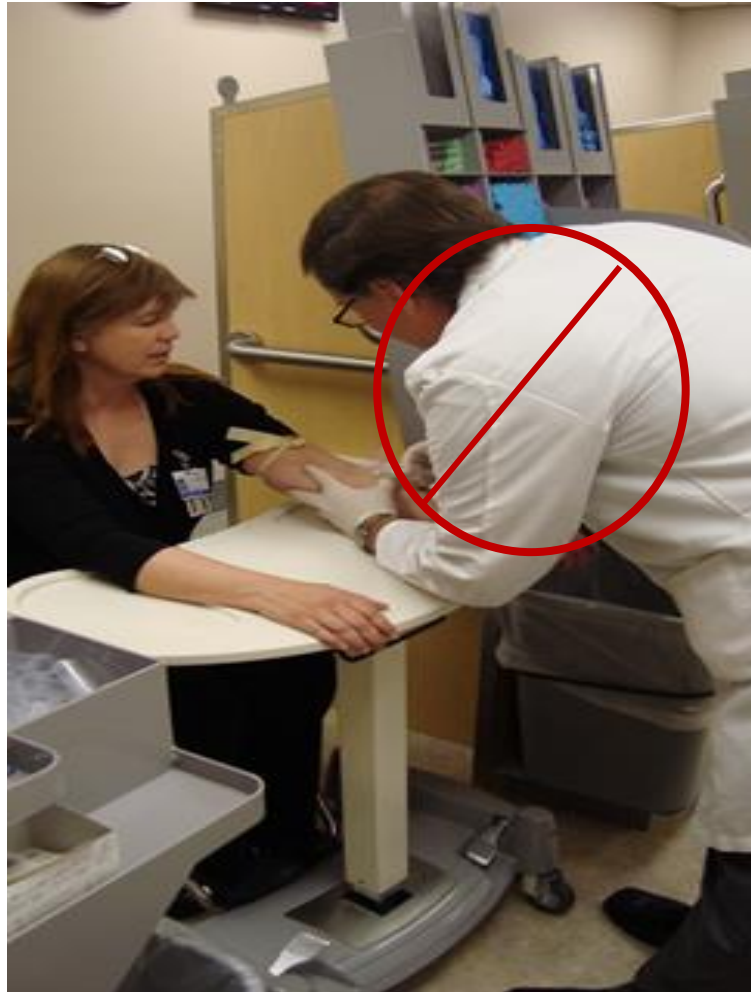


## **Proper Positioning**

Patient arm and member sitting sideways

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# Standing Position



**Incorrect Posture**



**Correct Posture**

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