ANA's new breakthrough guide will help to prevent injuries and protect nurses and other healthcare workers.

Injuries and musculoskeletal disorders (MSDs) are common in nurses and other healthcare workers and are often caused by manually lifting and moving patients. This is more than just an inconvenience; these injuries are often life altering and career ending.

The guide contains eight overarching safe patient handling and mobility (SPHM) standards. These national interdisciplinary standards address the responsibilities of the employer or health care organization and those of healthcare workers and ancillary/support staff and are applicable across the care continuum.