

<p style="text-align: center;">Common Belief</p>	<p style="text-align: center;">Truth Based on the Literature</p>
<p>Body mechanics training is effective in preventing job-related injuries</p>	<p>Thirty-five years of research show that training alone is not effective.</p>
<p>Back belts are effective in reducing the risks to caregivers.</p>	<p>There is no evidence that these belts are effective.</p>
<p>Nurses who are physically fit are less likely to be injured.</p>	<p>The literature doesn't support this.</p>
<p>Mechanical lifts are not affordable.</p>	<p>The long-term benefits of proper equipment far outweigh the costs related to work-related injuries.</p>
<p>Staff will not use equipment for safe patient handling and movement.</p>	<p>Staff will use the equipment when they are included in the decision-making process for purchasing new equipment.</p>