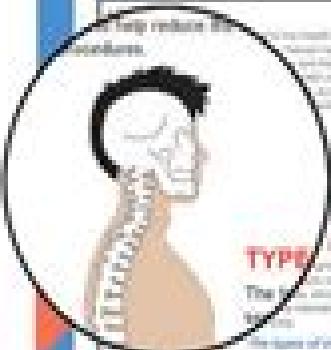


Safe Manual Handling

INTRODUCTION



TYPE

The type of work against the back can be:

- Lifting and carrying
- Reaching and twisting
- Reaching and bending
- Reaching and twisting and bending



RISK ASSESSMENT

The process of risk assessment is:

1. Identify handling activities by looking at the type, location, frequency and duration of the work. Think about what may be required to do the process, in order to do the activity, measure and reduce the risks associated with it.

The process of risk assessment is:

1. Identify all the movements that may occur in the work, only those that could cause significant risk are assessed.
2. Identify what the movement being assessed is.
3. Consider how safe the task is.



INDIVIDUAL

- Are they fit and well?
- Do they have the strength?
- Does it require dexterity?
- Does personal equipment need to be used?
- Does the movement require a lot of energy?
- Is the load a risk to people?

anywhere in the

body system can be injured.

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

- Assess the likely risks of manual handling operations.
- Put in place a safe system of work.
- Train the workers.



EMPLOYEES DUTIES

Employees should:

- Follow the safe system of work.
- Only move what is necessary to the position required.
- Only move what is possible.
- Use other methods of moving the load.
- Ask for assistance if they need to move a load.



PREVENTING BACK PAIN

- Do not do the procedure alone there are actions that you can take to help prevent back pain when you:
- Are carrying objects around your home.
- Are moving objects within a factory or office.
- Are moving objects within a home.
- Are moving objects within a car.
- Are moving objects within a boat.
- Are moving objects within a plane.
- Are moving objects within a train.
- Are moving objects within a bus.
- Are moving objects within a car.
- Are moving objects within a boat.
- Are moving objects within a plane.
- Are moving objects within a train.
- Are moving objects within a bus.

MANUAL TECHNIQUES

Think – PLAN

- Where am I going?
- What am I lifting?
- What are the options?
- Are there any aids available?
- Do I need help?
- Do I need to remove any?



Manual Handling Code Of Practice For Nurses

Sian Maslin-Prothero

Manual Handling Code Of Practice For Nurses:

District Nursing Manual of Clinical Procedures Liz O'Brien, 2012-05-07 This manual the first of its kind focused on district nursing provides the means to build competence and confidence in nurses new to the community or developing their skills The comprehensive and evidence based content provides essential information for competence in key areas of district nursing From the Foreword by Rosemary Cook CBE Hon D Lett MSc PG Dip RGN Director The Queen's Nursing Institute Clinical skills are a fundamental aspect of district nursing care The District Nursing Manual of Clinical Procedures is a practical evidence based manual of clinical skills which reflects the unique challenges of district nursing care within the patient's home It provides a comprehensive resource for all district nurses community nurses students and healthcare professionals involved in the district nursing team enabling them to practice competently and confidently and deliver clinically effective person centred care The District Nursing Manual of Clinical Procedures addresses the complexity of district nursing care and encompasses key aspects of clinical practice including decision making in areas that district and community nurses often struggle with or find difficult when they are on their own in a patient's home It utilises the latest clinical research and expert clinical knowledge to address these challenges and to provide the underlying theory and evidence for district nursing care Key features Evidence based manual of practical clinical skills in district nursing care Clear user friendly and easy to understand Contains recommendations for expert care within a patient's own home Addresses key concerns of district and community nurses working on their own within a patient's home Encompasses key aspects of district nursing care Placed in the context of person centred care All procedures include the rationale for each action why as well as how This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes Google Play or the MedHand Store

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Occupational Health Nursing Katie Oakley,2002 This second edition has been fully updated with four new chapters and is aimed mainly at students of occupational health nursing but will also be of interest to qualified occupational health nurses. There is an increasing interest in this speciality of community nursing which is expanding and developing with the encouragement and support of the Department of Health and the Health and Safety Executive. The book is a topical reader written entirely by nurses working in the field. It aims to be thought provoking stimulating and topical. It starts by setting occupational health nursing in the international context and looking at European developments in particular and how these relate to developments in other areas of the world such as the Asia Pacific Region and the United States. The book then goes on to look in detail at some of the core functions of occupational health nursing and essential aspects of effective occupational health services such as writing and developing policies and procedures setting standards and issues of quality and audit. This is followed by an in depth look at some practical applications of the speciality using case studies in the areas of health promotion mental health rehabilitation and health assessment. The focus throughout is on the use wherever possible of practical examples and experience from the practice of occupational health nursing. 2008 Healthcare Standards

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Communicable Disease and Public Health,2000 **BSAVA Manual of Practical Veterinary Nursing** Elizabeth Mullineaux,Marie Jones,2007-10-22 This reference resource and teaching aid for the training of veterinary nurses has been revised and updated inline with NVQ practical requirements and offers a complete guide to common procedures and nursing skills used within general practice. From publisher description Bailliere's Study Skills for Nurses and Midwives Sian Maslin-Prothero,2010 The text uses a number of features to help the reader get the most from it including activities reflection points case studies and annotated further reading. There are also a number of useful appendices including a simple guide to reference and citation systems.

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