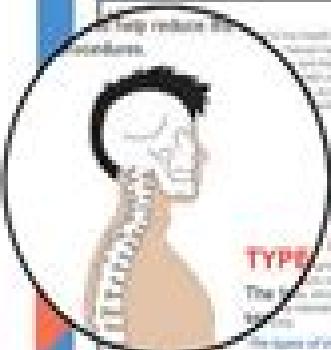


Safe Manual Handling

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 involved.

The process of risk assessment is:

1. Identify all the movements that are likely to be required, only those that are likely to cause significant risk are assessed.
2. Identify the movements that are required and:

 1. Identify the risks.



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 workplace

Any system can be injured.

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

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



EMPLOYEES DUTIES

Employees should:

- 1. Follow the safe system of work.
- 2. Ask for help if the task is beyond their ability.
- 3. Ask for training if a task is new.
- 4. Ask for assistance if they are not able to do the task.



PREVENTING BACK PAIN

- 1. Do not do the task if you are unsure that you can do it without causing back pain.
- 2. Ask your supervisor about your back health.
- 3. Do not bend when lifting.
- 4. Do not twist when lifting.
- 5. Do not reach when lifting.
- 6. Do not lift when you are not sure about the task.
- 7. If you feel pain, rest and seek medical advice.
- 8. If you feel pain, rest and seek medical advice.

MANUAL TECHNIQUES

Think – PLAN

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



Plan – Position

- 1. Keep back straight in the initial position.
- 2. Keep the head and neck level.
- 3. Keep shoulders and hips in line (parallel).
- 4. Keep the shoulders level.



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R Barnett

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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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

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