

# Manual Handling



## Planning...

- Can I handle the load?
- Can a lifting aid be used?
- Do I need help?
- What are the hazards?



## Posture...

- Keep your feet apart.
- Slightly bend your back, hips and knees.
- Keep shoulders level and facing forwards.
- Keep the load close to your body.



**✗ Don't over stretch your back.**

## The lift...

- Raise the load whilst straightening your legs.
- Keep the load close to your waist.
- Keep your head up.
- Move smoothly.



**✗ Do not twist or turn.**

# Manual Handling In Care Handouts

**Melanie Jasper**



## **Manual Handling In Care Handouts:**

*Home Health Aide: Guidelines for Care Instructor Manual* Tina Marrelli, 2007-09-05      *A Manual on the Care and Handling of Electric Plants* Norman Hugh Schneider, 1903      *Nursing in Care Homes* Linda Nazarko, 2009-02-12 Nursing in Care Homes is a practical guide for nurses of all levels working in care homes. It is directly relevant to everyday practice and covers clinical issues such as continence care, wound care, infection control and nutrition as well as information on a wide range of issues including legal requirements, care home standards and liaising with social and health care services. The revised and updated second edition includes new chapters on maximising abilities, risk management, stroke and diabetes and calls upon the recommendations of the National Service Framework for Older People and the requirements of the Care Standards Act 2002. Concise and easy to follow, *Nursing in Care Homes* is an essential guide to skilled professional care for all nurses in care homes. It will also be invaluable to nursing students undertaking their placements in care homes.

**Lifestyle Management in Health and Social Care** Miranda Thew, Jim McKenna, 2009-03-16 *Lifestyle Management in Health and Social Care* is a one-stop handbook for health and social care professionals that assists in the provision of a wide range of professional lifestyle advice, treatment or condition-specific therapy. It is both evidence-based and highly practical. Each chapter provides background information on a particular lifestyle factor including fatigue, stress, relationships and diet. In addition, the book offers suggestions for further reading and step-by-step advice on how to explain and facilitate lifestyle skills with clients. At the end of each chapter and posted on the companion website are information sheets to hand out to clients to further support their understanding and their ability to apply effective strategies and skills for change. Features: Companion website with downloadable PDF files of client handouts; Evidence-based; Multi-professional contributions; Suggestions for further reading; Includes motivational interviewing.      *Professional Development, Reflection and Decision-making* Melanie Jasper, 2006 Providing an introduction to reflective practice, clinical decision making and professional development, this book explores the concepts in relation to professional practice and inter-professional working competencies and accountability and portfolio development.      **Packaging, Marking, Storage, Handling, Care and Use of the Individual Chemical Protective Clothing and Equipment System**, 1994      **Vocational Education : State Instructional Materials: Distributive education** Oklahoma. State Department of Vocational and Technical Education. Curriculum and Instructional Materials Center, 1974      **Managing a Quality Service** Linda Nazarko, 2004 This handbook covers the knowledge and understanding required to deliver a quality service to the service user. It includes chapters on enabling and developing staff, partners in care, managing expectations and planning for the future.      *Legal Aspects of Physiotherapy* Bridgit C. Dimond, 2009-06-15 In a revised and expanded version of this popular title, Bridgit Dimond provides an essential reference for physiotherapists covering both conventional and specialist legal situations in reader-friendly terms. *Legal Aspects of Physiotherapy* contains brand new clinical case studies that guide the reader informatively through a

cornucopia of legal issues that may arise in the practice of physiotherapy Reading this book practitioners will develop the knowledge and awareness to deal confidently with the implications of legal scenarios arming them with the knowledge to protect both clients and themselves     **Yearbook of Enlisted Training** United States. Navy Department. Bureau of Navigation,1931

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