

TOP 10 TIPS FOR MANUAL HANDLING

1

Assess before you handle or lift anything: your capability & the task itself



2

Adopt a good posture; maintain spine in natural curves



3

Avoid stooping. Stooping results in damage to discs, ligaments and muscles as they work at the end of their range



4

Adopt a stable base



5

Make sure you have a secure grip on the load



6

Avoid twisting (damages discs, muscles and ligaments)



7

Hold the load object/person close



8

Use smooth flowing movements to prevent injury to muscles and ligaments



9

Handle tasks at low level with extra care.

10

Avoid prolonged effort in static positions.

How Long Is Manual Handling Training Valid For

Workplace Law Group

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the 'Workplace Law Group' text.

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Health and Safety, Premises and Environment Handbook 2012 Workplace Law Group, 2011-12-03 The Health and Safety Premises and Environment Handbook 2012 provides you with all the essential information you need on legislation regulation policy case law and best practice Information is presented in plain English and broken down into separate A Z sections containing legislative summaries key points handy fact boxes and sources of further information All the guidance is written and compiled by our team of expert authors including top law firms surveyors safety consultants and regulatory bodies Workplace Law s Health and Safety Premises and Environment Handbook is aimed at all those with an interest in the health and safety premises and environmental management aspects of the workplace and so our readership consists mainly of Health and Safety managers officers and directors Facilities Managers as well as General Managers and Directors of small businesses *Federal Aviation Regulations / Aeronautical Information Manual 2009 (FAR/AIM)* Federal Aviation Administration, 2008-11-03 All the information you need to operate in U S *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 Safety in Manual Materials Handling, 1978 **Manual Training Magazine**, 1909 Manual Training Magazine Charles Alpheus Bennett, 1909 Manual Handling in Health and Social Care Michael Mandelstam, 2002-02-15 This book presents an accessible overview of manual handling legislation legal

case law national guidance policy and practice A stand alone overview of manual handling law and practice is followed by more in depth material in A Z format and fully cross referenced which allows the reader to look up issues for quick access to more information *Federal Aviation Regulations / Aeronautical Information Manual 2010 (FAR/AIM)* Federal Aviation Administration,2009-11-03 The new edition of an essential reference book for everyone who works in aviation *Tolley's Practical Risk Assessment Handbook* Mike Bateman,2006 Risk assessment has become the backbone of Health and Safety management in the UK and elsewhere Employers have a legal duty to prove that risk assessments have been carried out and precautions have been implemented Mike Bateman demystifies the risk assessment process and how it relates to UK legislation Previous ed Croydon LexisNexis 2003 **Accident & Emergency** Brian Dolan,Lynda Holt,2013-06-04 Accident it is about why it should be done leading to sustainable and safer practice The third edition of this ever popular text expands its horizons to include contributions from emergency care professionals in New Zealand Australia and the Republic of Ireland as well as the United Kingdom Applied anatomy and physiology and how it changes in injury and ill health Treatment and management of a wide range of emergency conditions Includes emergency care across the life continuum trauma management psychological dimensions and practice and professional issues Transportation of the critically ill patient chapter outlines the nursing and operational considerations related to transportation of the acutely ill person Creating patient flow chapter overviews the concepts behind patient flow across the wider health system and introduces the key concept of staff and patient time It explores some of the techniques used in manufacturing and service industries and its application to health system illustrating how to reduce the waste of patient and staff time Managing issues of culture and power in ED chapter demonstrates that cultural awareness is about much more than recognising the different religious needs of patients and their families it s also about recognising culture diversity stereotyping and expressions of power Updated to reflect the latest practice and guidelines in this fast changing field of practice

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