



Manual Handling At Work

The Manual Handling Operations Regulations 1992

The Manual Handling Operations Regulations 1992, as amended in 2002 ('the Regulations') apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying.

For more information please view the HSE guide.

Introduction: Manual Handling

Manual handling is any physical movement of items from one place to another. The risk level of this is determined by many elements, such as: the item weight, the distance the item is moved, the height at which the item is picked up from or placed, and whether it involves any stretching or other unnatural postures.

Musculoskeletal Disorder (MSD)

Improper manual handling can result in damage to the tissues or joints in the back or the limbs, known as a musculoskeletal disorder (MSD).

Over 30% of workplace injuries are made up of this kind of injury.



Employers and Employees

Employers

- Reduce the need for manual handling as much as possible
- Assess the risks of manual handling activities and put procedures in place to keep the risk level as low as possible

Employees

- Comply with safety procedures that are in place
- Only use equipment where full training has been given to ensure proper use
- Inform employer when hazards are identified
- Take others into consideration when carrying out tasks to avoid putting them at risk

Risk Assessment

Avoiding Manual Handling

Can handling and moving equipment be used such as a trolley or pallet truck?

Does an item really need to be moved or can it be prepared or packaged where it is?

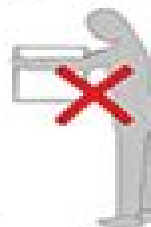


Controlling the risks

Risk assessments are used to identify potential risks and appropriate measures to avoid these risks in the workplace.

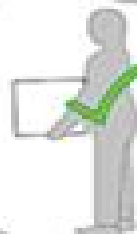
Tasks to Avoid

- Holding the load away from the body
- Twisting, stretching or reaching upwards
- Looking down (bends spine and decreases spinal awareness)
- Long distance carrying
- Ambulant pushing or pulling
- Repetitive lifting, carrying and handling



Environmental Awareness

- Conditions that cause restrictions on posture and stance
- Greasy, obstructed or slippery surfaces
- Strong winds or other air movements
- Suitable lighting
- Free movement (non-restrictive clothing)



Load Considerations

- Cumbersome or heavy items
- Precarious or unstable loads
- Harmful (sharp edges, hazard substances)
- Use suitable moving/handling equipment
- Suitable Personal Protective Equipment (PPE)

Good Handling Technique

Please follow these basic steps for safe handling technique while manual handling (when no moving equipment is required):

1. Plan

Use lifting aids if required. Find where the load is going to be placed. Remove any obstructions from your planned route.

2. Position

Adopt a stable stance. The feet should be hip-width apart to maintain stability. You may have one leg forward if preferable. Where possible, the load should be as close as possible to the body.

3. Lift

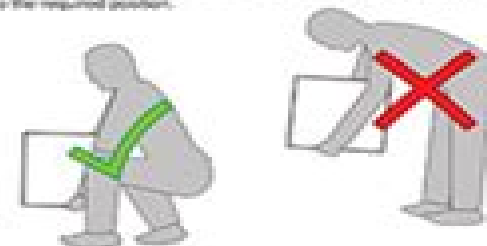
Start the lift from a squatting position. Neutral back position, bend at the knees, hips as close to parallel as possible. Lift with legs and don't let the back curve.

4. Move

Keep the load close to the body. Avoid any unnecessary movements (swinging or turning) and always look ahead.

5. Place

Place the load down before adjustment. Slide and/or turn the load into the required position.



The information in this poster is for guidance only and should not be used as a substitute for recognised training. For more information, please view the HSE guide.

Manual Handling At Work Act

**Edward Alan Glasper, Gillian
McEwing, John E. Richardson**



Manual Handling At Work Act:

Manual Handling in Health and Social Care Michael Mandelstam, 2002 This text presents an accessible overview of manual handling law and the legal implications and practical issues involved Topics covered include equipment provision and handling of children in schools and guidelines on health and safety *Ultimate Guide to Manual Handling* Lee

Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Manual Handling in Health and Social Care, Second Edition Michael Mandelstam, 2021-04-21 This book lays out the current legal requirements of manual handling in a non technical way and includes case studies illustrating the law applied in practice across health social care and educational settings The main part of the book is an A Z guide providing quick access to legislation and common law rules applying to personal injury cases **Workplace Law Handbook 2011 -**

Health and Safety, Premises and Environment Handbook, 2010 **The Great Ormond Street Hospital Manual of Children's Nursing Practices** Susan Macqueen, Elizabeth Bruce, Faith Gibson, 2012-06-18 Clinical skills are a fundamental aspect of nursing care of children and young people The Great Ormond Street Hospital Manual of Children's Nursing Practices is an evidence based manual of practical skills in children's nursing which builds on the extensive expertise developed at Great Ormond Street Hospital It encompasses all aspects of children's nursing from the most basic aspects of everyday practice to advanced practice in high dependency and intensive care to provide a comprehensive resource for all qualified nurses students and other health care professionals involved in caring for children both in the hospital and the community setting Children's and young people's nursing presents unique challenges The Great Ormond Street Hospital Manual utilises the latest clinical research and expert clinical knowledge to address these challenges and provides the underlying theory and evidence for nursing care of children It provides a definitive guide to clinical skills procedures in children's and young people's nursing which enables nurses working with children and young people to practice confidently and deliver clinically effective family centred care Key features Offers access to clinical procedures developed through the extensive expertise from Great Ormond Street Hospital Contains evidence based recommendations for expert care Encompasses all aspects of children's care Contains procedures guidelines students can rely on and effectively use in practice following qualification Highlights specific needs of neonates and adolescents Placed in the context of interdisciplinary care of the child Includes the rationale for each procedure the why as well as how Information presented in a similar way to The Royal Marsden Manual of Clinical Nursing Procedures offering continuity to those working in both adult and paediatric settings This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes or the MedHand Store [District Nursing Manual of Clinical Procedures](#) Liz O'Brien, 2012-03-09 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

Handbook of Modern Hospital Safety William Charney,2009-07-28 It is ironic that those whose job it is to save lives often find themselves injured in the course of performing their duties In fact according to the Bureau of Labor Statistics healthcare workers have higher injury rates than agriculture workers miners and construction workers The Handbook of Modern Hospital Safety Second Edition covers expo

Occupational Therapy for People Experiencing Illness, Injury or Impairment - E-Book Michael Curtin,Mary Egan,Yeliz Prior,Tracey Parnell,Roshan Galvaan,Katrine Sauvé-Schenk,Daniel Cezar Da Cruz,2024-09-17 Occupational Therapy for People Experiencing Illness Injury or Impairment is a seminal textbook that has been used in preregistration occupational therapy education for more than 40 years Now in its eighth edition it reflects significant developments within the occupational profession and the contexts of the delivery of health and social care when working with people who experience illness injury or impairment to promote occupational participation It is highly regarded for its level of detail its practical approach and the breadth of its content with input from multiple authors from around the world Fully updated and built around the professional concepts and processes to promote occupational participation this invaluable resource will enable occupational therapists link theory with day to day practice reflect on the knowledge expertise and attitudes that inform their work and practice in a critically reflexive way Practical text and online assets link theory with day to day practice Collaborative relationship focused inclusive and strengths based language Summaries and key points for each chapter make navigation easy Focus on working with groups communities and

populations in addition to working with individuals reflecting the evolving and expanding scope of practice Practice stories throughout the text and detailed practice stories in Section 5 inviting the reader to reflect on the information skills and attitudes that inform practice Online multiple choice questions and questions for reflection at the end of each chapter enable readers to assess and apply their knowledge

Caring for Children and Families Ian Peate, Lisa Whiting, 2006-08-04 This text will help students understand fundamental aspects of clinical practice in order to provide safe and effective care to children and their families in various situations When in clinical practice students may find themselves being supervised from a distance and as such this text will help the student when they find themselves in a variety of settings to assist their integration of theory and practice The reader will develop their paediatric caring skills with a sound knowledge base which will underpin the safe and effective delivery of care User friendly writing style Contributions from expert paediatric academic staff and skilled clinicians One of the few books that deal with clinical practice specifically related to and addressing the needs of children in a user friendly manner

Safe Transfer and Retrieval (STaR) of Patients Advanced Life Support Group (ALSG), 2008-04-15 The safe transfer of all hospital patients especially those who are critically ill is of crucial importance demanding organisational as well as clinical skills Safe Transfer and Retrieval of Patients STaR is aimed at all health care workers involved with inter and intra hospital transfers It provides a much needed structured approach to transfer medicine together with sound guidance on relevant clinical procedures The second edition has been extensively revised in line with new developments in transfer medicine The book has been redesigned with five distinct sections covering the principles of the STaR structured approach to transfers the management of the transfer or retrieval practical procedures related to transfer medicine an overview of clinical care during the assessment and stabilisation phases of transfer the legal and safety aspects of transfers specific differences in helicopter transfers and transfers involving children A new chapter the infectious or contaminated patient has been added in light of current concerns around the potential transfer of infection between patients and staff The major revisions to this STaR coursebook bring it into line with the latest thinking on patient transfers making it an invaluable guide for anyone involved in this aspect of health care

Community Care Practice and the Law Michael Mandelstam, 2005 This third edition of Community Care Practice and the Law has been substantially rewritten and restructured to reflect the rapid legal and policy changes affecting the community care field It provides comprehensive and jargon free explanations of both community care legislation and other areas of the law directly relevant to practitioners Topics covered include assessment and eligibility criteria fair access to care and waiting times placing people in care homes non residential domiciliary and home care services carers assessments and services home adaptations and disabled facilities grants direct payments continuing health care and health services generally including community equipment services joint working between local authorities and the NHS single assessment process intermediate care decision making capacity and incapacity information sharing adult protection human rights and disability discrimination

health and safety at work legislation including manual handling people subject to immigration control including asylum seekers care standards Numerous examples of legal cases and ombudsman investigations clearly illustrate the practical impact of legislation on community care A separate chapter provides an at a glance view of the whole range of legislation underpinning the everyday work of practitioners The author also identifies the underlying mechanisms tensions and problems affecting community care law and practice Primarily covering England in detail much of the legal case law covered and the legal principles involved are of general relevance across the United Kingdom and where material is not directly applicable to Wales Scotland and Northern Ireland short summaries offer general pointers for the position in these three countries This book is an essential guide for practitioners and managers in both the statutory and voluntary sectors policy makers in local and central government advocates lawyers and social work students

Dog Groomer's Manual Sue Gould, 2014-03-31 The Dog Groomer's Manual is the definitive reference book covering all aspects of the work of the dog groomer This highly illustrated book will help owners students and professional dog groomers develop their skills and knowledge It will enable them to adapt the principles of grooming appropriately based on a systematic approach to understanding and observing the physical appearance the nature the lifestyle and the behaviour of the dog The Manual covers the following SCIENCE The veterinary principles of anatomy and physiology that must inform good grooming practice pre grooming health checks common parasites and skin diseases infectious and zoonotic diseases PRACTICE Running a grooming business and the diverse standards of safety hygiene and professionalism required in the grooming workshop First Aid and what to do in emergency situations handling and restraining the dog safely grooming equipment and tools ART Grooming out the coat bathing and drying clipping scissoring hand stripping and plucking styling preventative healthcare products Referenced to reliable sources of information and adhering to the requirements of City Guilds British Dog Grooming Association and nationally recognized dog grooming qualifications The Dog Groomer's Manual is the perfect companion for dog groomers around the world seeking to attain these internationally recognized awards Superbly illustrated with 1000 colour photographs

Manual of Clinical Paramedic Procedures Pete Gregory, Ian Mursell, 2010-02-08 I can enthusiastically recommend the Manual of Clinical Paramedic Procedures as the book that I wish had been available to me when I was studying to become a paramedic From the foreword by Professor Malcolm Woollard Chair College of Paramedics Professor in Pre hospital and Emergency Care Director Pre hospital Emergency Cardiovascular Care Applied Research Group Coventry University Clinical procedures are a fundamental aspect of care for practitioners working in pre hospital settings The Manual of Clinical Paramedic Procedures is written specifically to support the practice of paramedics ambulance technicians first responders and volunteer ambulance personnel It presents up to date evidence based expert knowledge enabling paramedics to deliver effective patient focused care This accessible handbook provides a comprehensive exploration of core competencies and skills looking at topics including Aseptic Technique Airway Management Assisted Ventilation

Cardiopulmonary Resuscitation Defibrillation and External Cardiac Pacing Observations Pain Assessment Management Respiratory Therapy Spinal Management and Venepuncture Each chapter provides the relevant anatomy physiology evidence based rationales for each procedure and contraindications of use Key features The first UK text to explore clinical procedures for paramedics With further reading and illustrations throughout All procedures include the rationale for the action recommended Guides paramedics in the clinical application of evidence based procedures

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

Foundations of Nursing Practice Richard Hogston, Barbara Marjoram, 2011-04-01 This is the key text for introductory level nursing covering all the core areas Practical and great value it is comprehensive and also contains new chapters on cutting edge topics Alongside an all new companion website this is an outstanding edition for CFP study from a tried and trusted team

Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction)

Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and

occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions 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 EU Law for UK Lawyers Aidan O'Neill,2011-07-27 This is the second edition of this wide ranging survey of EU law The new edition has been significantly enlarged Unlike many other EU law books it takes full account not only of the Lisbon Treaty changes to the EU treaties but also of the fact that the EU Charter of Fundamental Rights now has the same legal value as the EU Treaties It therefore not only covers the relevant case law of the Court of Justice of the European Union but also ties that case law into the decisions of the European Court of Human Rights because it is clear that EU law can only now properly be understood and applied against this background of European fundamental rights jurisprudence The book sets out very clearly the broad shape of the European Union's legal systems while also giving the reader a good feel for the policy motivations in the Court of Justice of the European Union and the scope of EU legislative activity Written in a lively and accessible style it is an ideal guide for practitioners whether those coming to the subject for the first time or those already with a background in EU law Among the additions and changes in this expanded edition the book includes new chapters on the EU and fundamental rights on commercial agency on criminal law and on private international law in the EU It also contains a full treatment of EU equality law The first edition EC Law for UK Lawyers by Aidan O'Neill and Jason Coppel ISBN 9780406024596 was published by Butterworths in 1994 Skills for Midwifery Practice Australia & New Zealand edition Sara Bayes,Sally-Ann de-Vitry Smith,Robyn Maude,2018-10-13 The first edition of Skills for Midwifery Practice Australia and New Zealand edition builds on the success of the highly regarded Skills for Midwifery Practice by Ruth Johnson and Wendy Taylor now in its fourth edition Endorsed by the Australian College of Midwives this text provides instruction and guidance on more than 100 clinical skills for midwifery students and midwives who wish to perfect their practice Each clinical skill is presented logically in a step by step format providing a clear sequencing of information Theory and evidence precedes each skill to thoroughly explain the underlying physiology of the scenarios encountered in midwifery practice Woman centred approach Structured to follow the logical progression from pregnancy through to labour and birth and finally to postnatal care Australian and New Zealand guidelines policies standards statistics terminology and cultural considerations are included throughout Now includes an eBook with all print purchases Foundation Studies for Caring Edward Alan Glasper,Gillian McEwing,John E.

Richardson, 2018-01-16 Supported by a companion skills volume and website Foundation Studies for Caring is a comprehensive introductory text for all health professionals which maps directly on to the key skills framework Taking a student centred learning and interprofessional approach it is the most inclusive and engaging theory text in the market

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