

# Safe Manual Handling

## INTRODUCTION

Help reduce the risk of back pain.

Back pain is a common problem. It can be caused by many things, including poor posture, overexertion, and lifting heavy loads incorrectly. It can be prevented by following the correct manual handling techniques.



### TYPE INJURY

The most common type of injury is a back strain or sprain. This is caused by overexertion or lifting heavy loads incorrectly.

Other types of injury that can occur are:

- Strains and sprains of the neck and shoulder
- Bruises and cuts from sharp edges of loads
- Repetitive strain injuries from lifting and lowering loads

Anywhere in the body, the skeletal system can be injured.

## RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify the hazards of the task, including the load, the equipment, the environment, and the person.
2. Assess the risk of injury from the hazards.
3. Identify the measures that can be taken to reduce the risk.

The person carrying out the assessment should be:

1. Trained in the assessment of health and safety risks.
2. Aware of the hazards of the task, including the load, the equipment, the environment, and the person.
3. Aware of the measures that can be taken to reduce the risk.

The assessment should be carried out by the person carrying out the task.



Load:

- The weight and shape of the load.
- The position of the load.
- The way the load is being moved.
- The way the load is being stored.
- The way the load is being disposed of.

Individual:

- Are they fit to do the task?
- Does it require a capability?
- Does personal protective equipment need to be worn?
- Is the load a problem for people of a certain age?

Environment:

- The way the load is being moved.
- The way the load is being stored.
- The way the load is being disposed of.
- The way the load is being handled.
- The way the load is being moved.

Equipment:

- The way the load is being moved.
- The way the load is being stored.
- The way the load is being disposed of.
- The way the load is being handled.
- The way the load is being moved.

## EMPLOYERS & EMPLOYEES

### EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the task.
2. Put in place a safe system of work to reduce the risk.
3. Provide training to employees on the safe system of work.

### EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the correct manual handling techniques.
3. Report any injury or illness to the employer.
4. Report any equipment that is faulty or damaged.
5. Report any hazards that are identified.

### PREVENTING BACK PAIN

As well as the measures above, there are other things that you can do to help prevent back pain, such as:

1. Keep your weight under control.
2. Exercise regularly to keep your muscles strong.
3. Eat a healthy diet to keep your bones strong.
4. Stop smoking, as this can weaken your bones.
5. If you have back pain, see your doctor or a physiotherapist.

## HANDLING 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 obstacles?

?



Think - LIFT

- Stand with your feet shoulder-width apart.
- Bend your knees and hips, not your back.
- Keep your back straight.
- Lift the load with your arms.

Think - CARRY

- Keep the load close to your body.
- Walk with a steady pace.
- Turn your head and shoulders to look in the direction you are walking.

Think - PUT DOWN

- Bend your knees and hips, not your back.
- Keep your back straight.
- Place the load on the ground with your arms.



# Manual Handling Code Of Practice For Nurses

**Maggie Nicol, Carol Bavin, Patricia  
Cronin, Karen Rawlings-  
Anderson, Elaine Cole, Janet Hunter**

## **Manual Handling Code Of Practice For Nurses:**

**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

**Nursing Knowledge and Practice E-Book** Maggie Mallik, Carol Hall, David Howard, 2009-04-22 Nursing knowledge and practice is a comprehensive textbook which forms an ideal basis for foundation nursing students The core emphasis in the organisation and presentation of knowledge in this third edition remains focused on the in depth knowledge required by nurses to deliver care in the practice setting The chapter contents encompass knowledge that applies to all branches of nursing e.g. Communication Confusion Aggression and Rehabilitation Safety and Risk Infection Control Medicines etc The structure of all chapters is unique in integrating knowledge from subject areas often taught separately in the nursing curriculum This enables the foundation student to integrate this range of knowledge in making decisions about the delivery of nursing care to patients clients in all fields of nursing Exercises are included to encourage reflection on practice and develop critical thinking skills It also promotes the expansion of professional knowledge through the development of portfolio evidence Building on the outstanding success of previous editions the authors have drawn extensively on current best evidence including research policy and substantial internet based resources reflecting UK and international perspectives Each chapter begins with an overview of the content and concludes with a summary to help evaluate learning Case studies

reflect the diverse range of client needs and care settings of the four nursing branches and help relate theory to practice Reflective exercises and suggestions for portfolio evidence along with decision making activities promote reflection on personal experience and links to nursing practice using a problem based approach Current research is highlighted throughout demonstrating the evidence base for practice decisions Key web sites annotated further reading and references encourage readers to pursue contemporary evidence that underpins competency based practice Full colour throughout Content fully updated in line with developments in clinical practice teaching requirements and the evidence base Free electronic ancillaries on Evolve enhance the knowledge provided in each chapter with additional information exercises and resources An introductory chapter on Nursing Knowledge and Practice explores the role and context of nursing nationally and internationally providing foundation information on core knowledge areas common to all nursing curricula

**Clinical Nursing Practices E-Book** Elizabeth Jamieson, Janice M. McCall, Lesley A. Whyte, 2007-04-05 This title is directed primarily towards health care professionals outside of the United States It is a well known text that provides guidelines for over 40 common nursing procedures carried out by carers in a variety of settings The development of competence in these practices is one of the most important aspects of pre registration programmes and this is one of the few UK based texts that takes an educational approach to these practices as opposed to a purely procedure driven approach As in previous editions the emphasis is on a holistic approach with the recognition that each patient is a unique individual Each procedure contains rationale and information for patient education in addition to step by step guidance Skills explained step by step to facilitate learning The comprehensive range of procedures including advanced practices will give readers confidence when they begin clinical work Relevance to hospital and community settings makes it applicable to a wide audience The rationale sections link to the evidence base thereby ensuring best practice

**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 exposure

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

*Law and Professional Issues in Nursing* Richard Griffith, Cassam Tengnah, 2020-02-29 Nurses are more accountable than ever to the public patients their employers and the profession as a whole so it is vital you understand the legal ethical and professional framework that underpins nursing practice This book provides a crash course in law for nurses written in clear and straightforward language It is filled with insightful case studies and interactive thought provoking activities helping you to understand the legal obligations you will

face and ensuring that you are prepared for life as a practicing nurse New to this edition Fully mapped to the latest NMC standards of proficiency for registered nurses 2018 New chapter covering death dying and organ donation Updated to take account of the Deprivation of Liberty Act New content covering GDPR Social Media and Safeguarding of Adults and Children

*Fundamental Nursing Skills* Penelope Ann Hilton,2006-02-22 Providing forward thinking approaches and ideas for nurses of all categories this reference has been written primarily in response to increasing concerns regarding the perceived lack of ability in both students and newly qualified nurses to perform clinical skills By outlining the elements of essential nursing procedure in a readily accessible format including rationale for recommended actions and promoting evidence based practice this text encourages the reader to keep a record of achievement in relation to clinical skill competence The selection of skills included is based on extensive consultation with experienced clinicians students clients and teachers of nursing Each procedure has been carefully researched to provide a contemporary foundation for practice The text also contains a rapid reference section of common terminology conversion tables laboratory results and other useful information **Nursing**

**Times, Nursing Mirror** ,2005 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

**A life like any other?** Great Britain: Parliament: Joint Committee on Human Rights,2008-03-06 **Emergency Care and First Aid for Nurses** Philip Jevon,2006-11-09 This portable quick reference provides comprehensive coverage of first aid procedures and is highly illustrated Its aim is to enable nurses to effectively and safely provide first aid outside their clinical working environment However the principles described will also be useful within the hospital setting and a section at the end of each chapter will describe the appropriate treatment once the patient reaches A E **Potter & Perry's**

**Fundamentals of Nursing - AUS Version - E-Book** Geraldine Rebeiro,Jackie Crisp,Clint Douglas,2012-11-09 Potter and Perry s Fundamentals of Nursing 4th ANZ edition ebook is the leading fundamentals text for nursing students in Australia and New Zealand The dynamic fourth edition of Potter and Perry s Fundamentals of Nursing presents an engaging approach to the fundamentals of nursing while building on its renowned reputation as the foremost text for nursing students across Australia and New Zealand The new editorial team presents a critical thinking approach to encourage the critical skills and understandings students require to maintain a high level of active engagement in the development of their practice within the health care systems they will work throughout their careers Meaningful clinical examples combined with critical thinking questions promote reflection and support deeper learning These examples underscore how putting quality nursing knowledge and skills into practice can mean the difference between patient recovery and independence versus life threatening complications and patient decline Current research examples encourage students to see the dynamic nature of

evidence for nursing practice and gain understanding that ongoing change in practice is the norm and should be embraced Potter and Perry's Fundamentals of Nursing 4th ANZ edition ebook is supported by the Fundamentals of Nursing clinical skills workbook 2nd edition The skills in this indispensable workbook are directly aligned to the National Competency Standards for the Registered Nurse for Australia and New Zealand and support the theory and practice of each skill A mobile study app for iOS called ClinicalCases is also available via the Apple App store for purchase The ClinicalCases app takes an engaging approach to learning and revision Students will find it the perfect exam preparation and study tool It consists of 24 progressive case studies with MCQs and explanations for all answers It also features over 150 Flash card key terms and a Word game A great way to learn at your own pace whenever wherever Elsevier's Evolve platform also offers a wealth of online resources for nursing students and lecturers including an impressive suite of Australian nursing clinical skills videos to be used in conjunction with the text and workbook These videos are ideal for viewing in class or during independent study and are a valuable tool for revision prior to assessment Other online resources include PowerPoint presentations an exam view test bank critical thinking questions and answers integrated lesson plans images weblinks and a chapter on the Essentials of Care

**Clinical Skills for Student Nurses** Robin Richardson, 2008-03-20 Clinical Skills for Student Nurses is a comprehensive learning resource for student nurses in the UK This textbook is based on the NMC Essential Skills Clusters and covers all the key clinical skills required for effective and efficient practice in UK healthcare The book maps the development of the student nurse in relation to clinical skill acquisition focusing not only on the dexterity aspects but also on the underpinning theory and the attitudinal aspects of skill delivery Using a scenario based approach this book relates skills to real people and situations In addition to providing instruction on how to perform clinical skills it will also ask the students to reflect and consider how these skills and related principles may be transferred to other situations and contexts Above all the authors are offering students a friendly interactive and visual approach to skills acquisition Written by an experienced team of clinical skills educators at the University of Central Lancashire Clinical Skills provides students and lecturers with up to date theory and evidence based practice scenarios and case studies activities to encourage reflection exercises for self assessment and skills practice a glossary references and further reading

**Practices in Children's Nursing E-Book** Ethel Trigg, Toby Mohammed, Louise Ford, Hermione Montgomery, Vicky Vidler, 2010-06-17 The skills required by children's nurses are many and varied and are undertaken in a variety of settings Sick children are cared for at home in children's units and hospitals and sometimes in adult wards In addition children with disabilities may need nursing care while at special schools or in residential settings This book provides a clinical manual of common practices Each practice is research based and presented in a common format which covers Objectives Rationale Factors to note Guidelines Positioning Equipment Method Special observations and possible complications References and further reading The guidelines have been written specifically for children's nursing by contributors from well known children's units They are not simply adaptations from

adult practices and therefore recognise the unique differences between adult and children's nursing. The introductory section covers common concepts and infection control. There is also a chapter on complementary therapies and an appendix on the use of play as a distraction. All hospital and community nurses dealing with children, whether at home in specialised units or in community settings, will find the book of great practical help. The common format of each practice makes the book easy to use and refer to in a clinical setting. Each practice is based on the latest research to ensure it is evidence based and up to date. Introductory chapters cover issues common to all practices to make the book easier to use. The appendix on play reinforces its common usage as a distraction technique. A chapter on complementary therapies explains these as they are becoming more widespread. All practices have been reviewed by regional centres to avoid parochialism. Content reorganised to reflect the Essential Skills Clusters from the NMC. New chapter on communicating with children. All chapters updated to reflect the current evidence base.

*Safe Patient Handling and Movement* Audrey L. Nelson, PhD, RN, FAAN, 2005-12-02

Did you know that an estimated 12% of nurses leave the profession annually because of back injuries and that over half of RNs complain of chronic back pain? This book presents best practices in safe patient handling and movement. Nurse and hospital administrators, clinicians, clinical managers, risk managers, and those involved in procurement and implementation of patient handling technologies in the health care environment will find this a practical resource for improving care and protecting staff from unnecessary injury. You will come away from reading this book with information that you can employ in a variety of work environments: hospitals, nursing homes, home care, and other health care organizations. Whatever your practice setting may be, caregiver safety approaches include evidence-based standards for safe patient movement and prevention of musculoskeletal injuries. An overview of available equipment and technology. Architectural designs for ergonomically safe patient care space. Institutional policies such as use of lift teams.

### **Essential Nursing Skills E-Book**

Maggie Nicol, Carol Bavin, Patricia Cronin, Karen Rawlings-Anderson, Elaine Cole, Janet Hunter, 2008-02-22. This title is directed primarily towards health care professionals outside of the United States. Easy to use and attractively designed in 2 colours throughout, this clinical manual concentrates on the preparation for each skill, the procedure, and post-procedure guidelines. With over 120 essential skills and procedures written and produced in a clear, consistent style, this book is invaluable in any clinical setting and suitable for all foundation students, regardless of their future specialty. Attractive design, easy to use. Skills explained step by step. Comprehensive list of skills covers all that students will encounter in practice. Points for Practice sections encourage readers to reflect and learn. Further reading and references point to the evidence and knowledge base for each skill. All skills updated to reflect new guidelines and evidence-based practices, e.g. recent changes in the Resuscitation Guidelines. Internal design enhanced to improve usability. Annotated further reading. Useful websites.

*Developing Practical Skills for Nursing Children and Young People* Alan Glasper, Marion Aylott, Cath Battrick, 2009-11-27

Clinical skills are essential to the practice of nursing and learning these skills requires a wealth of both factual knowledge

and technical expertise Supplementing practical teaching Developing Practical Skills for Nursing Children and Young People is a comprehensive skills text that describes clinical skills in the style of a tutor teaching at *Dimond's Legal Aspects of Nursing* Richard A. Griffith, Bridgit Dimond, Iwan Dowie, 2019 Written specifically for student nurses as well as those already in practice Dimond's Legal Aspects of Nursing is your essential practical guide to the legal principles you need to be aware of in your everyday nursing practice Building on previous editions of the book by Bridgit Dimond this 8th edition has been significantly reworked by a new author team with extensive experience in teaching nursing law It has also been fully updated and revised in line with recent legal developments and the new Nursing standards to ensure it continues to meet the requirements of nursing law modules [The Great Ormond Street Hospital Manual of Children's Nursing Practices](#) Susan Macqueen, Elizabeth Anne Bruce, Faith Gibson, 2012-04-20 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 inter disciplinary 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 *Nursing Care and the Activities of Living* Ian Peate, 2010-01-19 This book gives a practical focus to the underpinning theory of nursing in order to help students through the academic part of their undergraduate course as well as their placement The book is based on the activities of living model so each activity has its own chapter allowing readers to dip in and out It is essential reading for students enabling them to understand and manage the many clinical issues they face on a daily basis when nursing adults on wards in clinics and in the community setting



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