

Safe Manual Handling

INTRODUCTION

Help reduce the risk of musculoskeletal disorders.



TYPE INJURY

The most common type of injury is to the back, neck, shoulder, elbow, wrist, hand and fingers. These are repetitive strain injuries (RSIs) caused by overuse or misuse of the body.

Types of injury that can occur:

- 1. Strain, such as sprains and strains, can occur when you lift or move a load incorrectly.
- 2. Sprain, such as sprains, strains and sprains, can occur when you lift or move a load incorrectly.
- 3. Sprain, such as sprains, strains and sprains, can occur when you lift or move a load incorrectly.



Anywhere in the body.

Musculoskeletal system can be injured.

RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous activities for lifting or moving loads, and the equipment used to move them.
2. Assess the risk of injury to the person doing the work, and to the equipment used to move them.
3. Identify the measures that can be taken to reduce the risk of injury.

The person carrying out the assessment should be:

1. Trained in the assessment of health and safety risks.
2. Experienced in the assessment of health and safety risks.
3. Experienced in the assessment of health and safety risks.

The assessment should be done by the person doing the work, or by a trained person.



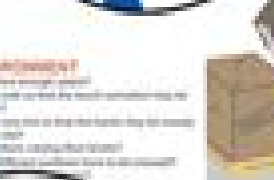
Check:

- 1. Are you lifting or moving the load correctly?
- 2. Are you using the correct equipment?
- 3. Are you using the correct technique?
- 4. Are you using the correct posture?
- 5. Are you using the correct speed?
- 6. Are you using the correct direction?
- 7. Are you using the correct force?
- 8. Are you using the correct time?
- 9. Are you using the correct place?
- 10. Are you using the correct way?

INDIVIDUAL

- 1. Are they fit to do the task?
- 2. Does it require a capability?
- 3. Does personal protection equipment need to be used?
- 4. Is the load a problem for people like you?

Are you lifting or moving the load correctly?



EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the likely risk of injury from the handling operation.
2. Put in place a safe system of work to reduce the risk of injury.
3. Provide training for employees on the safe system of work.
4. Provide equipment to reduce the risk of injury.
5. Provide information on the safe system of work.
6. Provide supervision to ensure the safe system of work is followed.
7. Provide a safe working environment.
8. Provide a safe working posture.
9. Provide a safe working speed.
10. Provide a safe working direction.
11. Provide a safe working force.
12. Provide a safe working time.
13. Provide a safe working place.
14. Provide a safe working way.

EMPLOYEES DUTIES

Employees should:

1. Follow the safe system of work.
2. Use the equipment correctly.
3. Follow the training.
4. Follow the information.
5. Follow the supervision.
6. Follow the safe working environment.
7. Follow the safe working posture.
8. Follow the safe working speed.
9. Follow the safe working direction.
10. Follow the safe working force.
11. Follow the safe working time.
12. Follow the safe working place.
13. Follow the safe working way.

PREVENTING BACK PAIN

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

1. Keep your weight under control.
2. Exercise regularly.
3. Eat a healthy diet.
4. Stop smoking.
5. Get enough sleep.
6. Use a safe working posture.
7. Use a safe working speed.
8. Use a safe working direction.
9. Use a safe working force.
10. Use a safe working time.
11. Use a safe working place.
12. Use a safe working way.

HANDLING TECHNIQUES

Think - PLAN

- 1. Where am I going?
- 2. What am I lifting?
- 3. What are the options?
- 4. Are there any aids available?
- 5. Do I need help?
- 6. Do I need to remove any obstacles?



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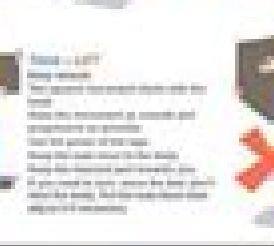
Think - LIFT

- 1. Breathe in.
- 2. Bend your knees.
- 3. Keep your back straight.
- 4. Lift the load.
- 5. Stand up.
- 6. Breathe out.



Think - CARRY

- 1. Keep the load close to your body.
- 2. Keep your back straight.
- 3. Keep your feet shoulder-width apart.
- 4. Walk slowly.
- 5. Turn your body to move.
- 6. Stop if you feel pain.



Think - PUT DOWN

- 1. Breathe in.
- 2. Bend your knees.
- 3. Keep your back straight.
- 4. Put the load down.
- 5. Stand up.
- 6. Breathe out.



Manual Handling Code Of Practice For Nurses

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



Manual Handling Code Of Practice For Nurses:

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 paradigms and offers solutions and models of protection for these individuals presenting the latest science and intervention strategies that have proven successful in the scientific community Extensively revised this second edition explores a host of hazardous conditions that are faced by healthcare workers in today's hospitals including infection and infectious diseases back injuries needlesticks workplace violence slip trip and fall injuries ergonomic issues electrocautery smoke toxic drugs ethylene oxide aldehydes pentamidine ribavirin In this long awaited update to William Charney's seminal work experts from leading hospitals universities and health organizations explore these health risks and suggested preventive measures discuss recent research and new information on technology to protect workers cover new legislation and regulations and provide insight into the philosophy of creating a safe hospital culture

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

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

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 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

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 **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 **Beginning Reflective Practice** Melanie Jasper,2003 This title introduces the

concept of reflective practice and explains its purpose to the healthcare student or professional in the UK It demonstrates the skills necessary for effective reflective practice and explores the benefits of successful reflection in relation to pre

registration profiles and Continuing Professional Development

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.

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.

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Table of Contents Manual Handling Code Of Practice For Nurses

1. Understanding the eBook Manual Handling Code Of Practice For Nurses
 - The Rise of Digital Reading Manual Handling Code Of Practice For Nurses
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Handling Code Of Practice For Nurses
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Handling Code Of Practice For Nurses
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Handling Code Of Practice For Nurses

- Personalized Recommendations
- Manual Handling Code Of Practice For Nurses User Reviews and Ratings
- Manual Handling Code Of Practice For Nurses and Bestseller Lists
- 5. Accessing Manual Handling Code Of Practice For Nurses Free and Paid eBooks
 - Manual Handling Code Of Practice For Nurses Public Domain eBooks
 - Manual Handling Code Of Practice For Nurses eBook Subscription Services
 - Manual Handling Code Of Practice For Nurses Budget-Friendly Options
- 6. Navigating Manual Handling Code Of Practice For Nurses eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Handling Code Of Practice For Nurses Compatibility with Devices
 - Manual Handling Code Of Practice For Nurses Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Handling Code Of Practice For Nurses
 - Highlighting and Note-Taking Manual Handling Code Of Practice For Nurses
 - Interactive Elements Manual Handling Code Of Practice For Nurses
- 8. Staying Engaged with Manual Handling Code Of Practice For Nurses
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Handling Code Of Practice For Nurses
- 9. Balancing eBooks and Physical Books Manual Handling Code Of Practice For Nurses
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Handling Code Of Practice For Nurses
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Handling Code Of Practice For Nurses
 - Setting Reading Goals Manual Handling Code Of Practice For Nurses
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Handling Code Of Practice For Nurses

- Fact-Checking eBook Content of Manual Handling Code Of Practice For Nurses
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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