

Safe Manual Handling

INTRODUCTION

LEGISLATION

More than a 100 European countries in the world have signed European and national laws on manual handling and lifting. These regulations are mostly in the workplace and for employers. The laws in most countries require employers to assess and control risks to avoid or reduce the number of accidents and injuries from these operations.



TYPES OF INJURY

The back is a series of bones with a thin supporting cartilage between them and ligaments which support the spine. There is a protection mechanism to warn you when subjected to too much pressure.

The types of injury that occur are:

1. Strains, back muscle and tissue that occur over time due to repeated movements.
2. Sprains, cuts and bruising. Fractures and dislocations that happen.

Anywhere in the musculo-skeletal system can be injured.



RISK ASSESSMENT

The purpose of a risk assessment is to:

1. Identify hazardous practices by looking at the **Task**, **Individual**, **Load** and the **Environment**. Then to decide what steps to be taken to reduce the risk of the existing conditions and to decide if further action is necessary.

The person carrying out the assessment should be:

1. Qualified and have competence in health and safety, in their **Regulatory Role**, **Task**, **Manual Handling Department**, **Department**, **Individual** and any circumstances or systems.
2. Qualified with the processes being carried out.
3. Competent to carry out the task.



The assessment should be written down and the recommendations used to plan future handling procedures.



TASK

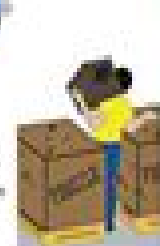
The whole task should be looked at from the beginning to the end. Some of these aspects need to be considered:

- Is it a one-off task?
- How often will it be done?
- How long will it take to do?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?
- How often will it be done?



INDIVIDUAL

- Is the person fit and healthy to carry out the task?
- Does the person have any medical conditions?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?
- Does the person have any previous injuries?



LOAD

- Is the load weight?
- Is the load size?
- Is the load shape?
- Is the load material?
- Is the load material?
- Is the load material?
- Is the load material?
- Is the load material?



ENVIRONMENT

- Is there enough space?
- Is the floor level?
- Is the floor level?
- Is the floor level?
- Is the floor level?
- Is the floor level?
- Is the floor level?
- Is the floor level?

EMPLOYERS & EMPLOYEES

EMPLOYERS DUTIES

Employers should:

1. Assess the risks of any work with an manual handling operation occurring in the workplace.
2. Plan a safe system of work.
3. Assess the risks of any work with an manual handling operation occurring in the workplace.
4. Assess the risks of any work with an manual handling operation occurring in the workplace.
5. Assess the risks of any work with an manual handling operation occurring in the workplace.
6. Assess the risks of any work with an manual handling operation occurring in the workplace.
7. Assess the risks of any work with an manual handling operation occurring in the workplace.
8. Assess the risks of any work with an manual handling operation occurring in the workplace.

EMPLOYEES DUTIES

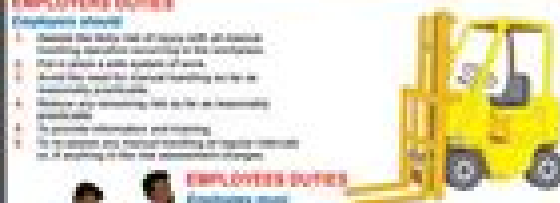
Employees should:

1. Follow the system of work.
2. Follow the system of work.
3. Follow the system of work.
4. Follow the system of work.
5. Follow the system of work.
6. Follow the system of work.
7. Follow the system of work.
8. Follow the system of work.

PREVENTING BACK PAIN

Do not do the process above these are actions that you can do to help prevent back pain.

- 1. Do not lift or carry heavy loads for your height.
- 2. Do not lift or carry heavy loads for your height.
- 3. Do not lift or carry heavy loads for your height.
- 4. Do not lift or carry heavy loads for your height.
- 5. Do not lift or carry heavy loads for your height.
- 6. Do not lift or carry heavy loads for your height.
- 7. Do not lift or carry heavy loads for your height.
- 8. Do not lift or carry heavy loads for your height.



HANDLING TECHNIQUES

Think - PLAN

- Where am I going?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?
- What do I want?



Think - ASSESS

- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?
- Is it heavy or bulky?

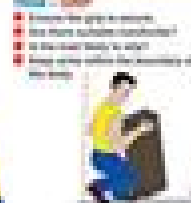


Think - MOVE

- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.
- Keep the spine in its natural alignment.

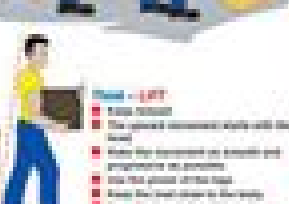
Think - GRASP

- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?
- Is the grip strong?



Think - LIFT

- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?
- Is the lift strong?



General Manual Handling Policy

Ying Liu



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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

The Royal Marsden Manual of Clinical Nursing Procedures Lisa Dougherty, Sara Lister, Alex West-Oram, 2015-03-17 The Royal Marsden Manual of Clinical Nursing Procedures has been the number one choice for nurses since it first published over 30 years ago One of the world's most popular books on clinical skills and procedures it provides detailed procedure guidelines based on the latest research findings and expert clinical advice enabling nurses and students to deliver clinically effective patient focused care The ninth edition of this essential definitive guide written especially for pre registration nursing students now includes a range of new learning features throughout each chapter that have been designed to support student nurses to support learning in clinical practice Providing essential information on over 200 procedures this manual contains all the skills and changes in practice that reflect modern acute nursing care

Ordnance Corps Manual ORDM 3-2: General Supplies, Policies and Procedures

United States. Ordnance Corps (Army), 1960

Back Pain Matters in Primary Care Ruth Chambers, 2001 Uses an evidence based approach focusing on best practice in the prevention and management of back pain

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 *The Great Ormond Street Hospital Manual of Children and Young People's Nursing Practices* Elizabeth Anne Bruce, Janet Williss, Faith Gibson, 2023-03-20 Clinical skills are essential in the provision of care for children and young people The Great Ormond Street Hospital Manual of Children and Young People's Nursing Practices provides expert guidance on evidence based clinical procedures helping students and newly registered nurses develop sound clinical judgement and confidence This comprehensive resource covers all aspects of children's nursing from the fundamentals of everyday practice to advanced care in high dependency and intensive care settings As such its relevance and usefulness reach beyond those newly registered it remains a valuable resource for experienced nurses wishing to further expand their nursing skills Now in its second edition this thoroughly updated guide demonstrates each procedure explains the underlying theory and evidence and speaks to the unique challenges of working with children and young people New chapters address mental health complementary therapies learning difficulties and the deteriorating child whilst expanded content examines blood glucose monitoring glucocorticoid treatment insulin administration diabetes care surgical diathermy non invasive ventilation and much more Key Features Provides evidence based guidelines for more than 300 clinical procedures Features an abundance of colour photographs and illustrations Examines the needs of neonates and adolescents in the context of interdisciplinary care Includes new material on health research and evidence based practice stages of development children with complex needs and admission transfer and discharge Complements The Royal Marsden Manual of Clinical Nursing Procedures offering continuity to those working in both adult and paediatric settings The second edition of The Great Ormond Street Hospital Manual is an indispensable resource for registered nurses students and other healthcare professionals involved in delivering clinically effective evidenced based family centred care Praise for the previous edition This manual builds on the knowledge skills and expertise of one of the UK's finest children's hospital and explains comprehensive evidence based care clearly Nursing Children and Young People Journal All children's nurses should have this book as a reference Nursing Standard a comprehensive resource for all qualified nurses students and other healthcare professionals involved in caring for children in hospital and community settings Times Higher Education Supplement **Federal Register**, 1980-12-29

Technical Manual United States Department of the Army, 1955 Federal Register Index, 1979 *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

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