

Moving and Handling



Aims of the session

- Consider the law/legislation in relation to moving and handling.
- Anatomy of the spine
- Explore moving and handling equipment/aids
- Safe moving and handling techniques

Workplace Regulations

- Health and Safety at Work Act 1974
- Manual Handling Operations Regulations 1992 (amended 2002)
- Lifting Operations and Lifting Equipment Regulations 1998
- Spinal Homecare Policies and Procedures

Health and Safety at Work Act (1974)

Employers Must:

- Provide a safe workplace
- Ensure safe access to and from workplace
- Provide information on health and safety
- Provide health and safety training
- Undertake risk assessment for all hazards

Employees Must:

- Take reasonable care for their own safety and that of others.
- Co-operate with the employer in respect of health and safety matters
- Not intentionally damage any health and safety equipment or materials provided by employer

Manual Handling Operations Regulations 1992 (Amended 2002)

Employer Duties

Employers must avoid all hazardous manual handling activity where it is reasonably practicable to do so.

- Avoid
- Assess
- Reduce
- Use mechanical equipment and an ergonomic approach

Employee Must

- Co-operate in assessments
- Follow safe systems
- Use equipment
- Report defects
- Participate in training

Lifting Operations and Lifting Equipment Regulations (LOLER) 1998

L.O.L.E.R covers risk to health and safety from lifting equipment provided for use at work.

L.O.L.E.R requires that equipment is:

- Strong and stable enough for intended load
- Marked to indicate safe working load
- Used safely, the equipment's use should be organised, planned and executed by competent people.

Subject to ongoing examination and inspection by competent people.

Hoists, slings and bath hoists are covered by the regulations.

These state that lifting equipment be examined by a competent person every six months.

Spinal Homecare

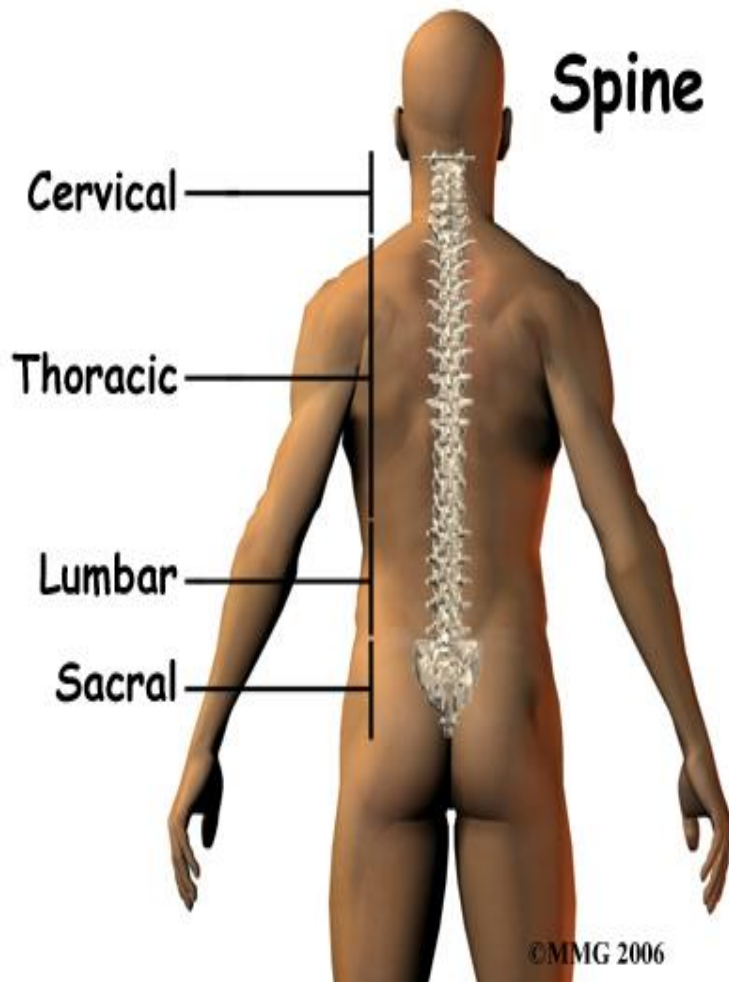
Moving and Handling

Policy

The policy of Spinal Homecare Services is that any moving and handling will only be undertaken following approved training. All staff will receive annual training update on moving and handling, also the use of equipment. All moving and handling equipment in a client's home will be subject to risk assessments by a Manager prior to initial use and at the six monthly service review. Any equipment found unsuitable will not be used and reported in writing to the supplying agency (DOC 063 Reporting of Unsuitable Equipment). This policy should be used in conjunction with the Health and Safety Policy (POL015)

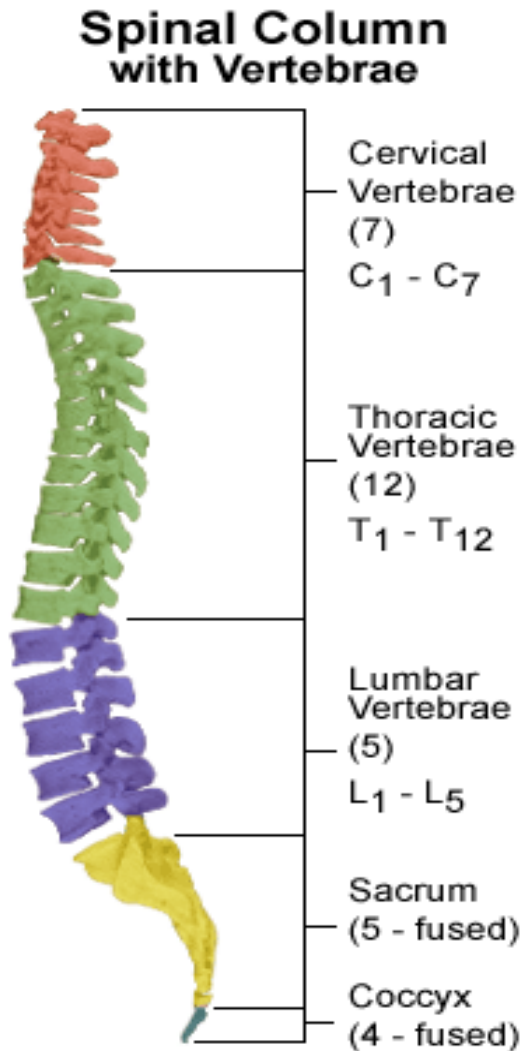
Spinal Homecare take seriously our responsibility in fulfilling our legal obligations and also in ensuring that our staff and clients do not sustain any injury as a result of any manual handling activity.

**Each year there are around 500,000 work related back illnesses and this is on the increase!!



Maintaining a healthy back is important, it allows you to get the most out of life!!

- Walking
- Standing
- Bending
- Work
- Play
- Sleep
- Sitting
- lifting



- The Spine has 33 bones (vertebrae)
- The upper 24 are separated by discs that act as cushions, they are linked by 118 joints.
- The spinal cord is a 1/2 inch thick cable of nerves about 45cm long.
- There are 31 pairs of nerves branching out from spinal cord, these send information between the brain and other parts of the body.
- There are about 400 muscles, producing motion in all directions.

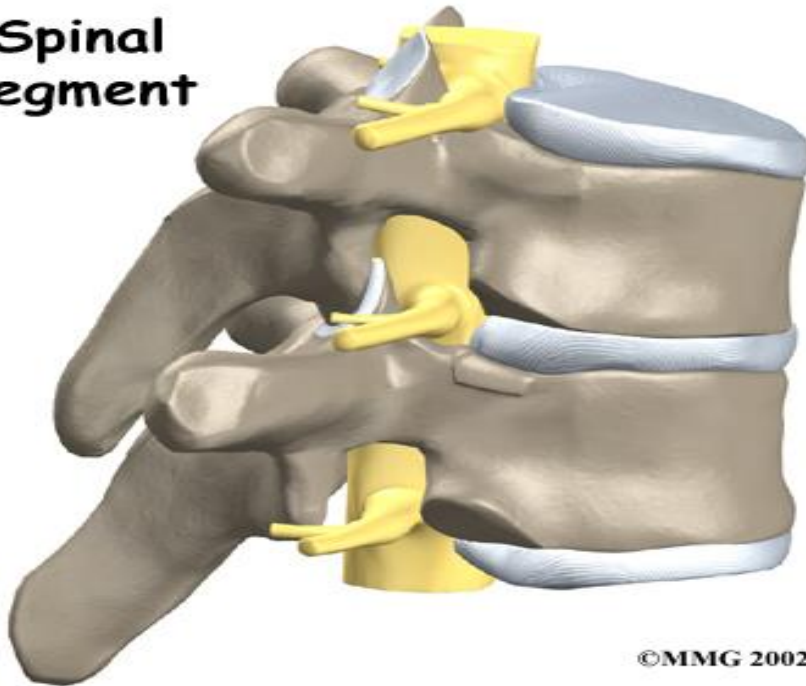


A lot can go wrong!!

Strain or fatigue may affect the spine and muscles of the upper body or lower back.

Injury or disease such as an infection or arthritis, can weaken the back. Strain, fractures or a ruptured disc can result.

**Spinal
segment**



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A ruptured or 'slipped' disc can press on the spinal nerve, this can cause pain in the lower back and legs.

A fractured vertebrae may injure the spinal cord.

Look after yourself!

- Get in shape!! A lot of back ache is due to lack of exercise, resulting in weak abdominal and back muscles.
- Watch your weight! Carrying extra weight puts extra strain on the spine.
- Improve your posture.
- Follow safe moving and handling techniques and use equipment provided.

Inanimate Load



What inanimate loads do you handle?

- What do you move/lift?

- How often?

- Where?

- Why?

* Assess the risk that each item represents.*

The principles of safe handling apply to inanimate loads.

DO NOT LIFT

ASSESS

- Task
- Individual
- Load
- Environment
- Equipment



Inanimate Loads

Principles of Manual Handling

- Keep spine in its natural curve.
- Don't twist
- Keep your feet in the direction that you are going in.
- Keep within your base to be in balance.
- Use leg muscles
- Keep the load close to the body



Animate Loads (Moving People!!)

An important part of the role of the Personal Assistant is to assist in the safe moving and handling of your client.

All Clients will have a comprehensive
'Needs and Risk Assessment'

This is available in the clients home:

READ IT!! And FOLLOW IT!!

** Clients will have various pieces of equipment in their homes/cars to assist with their mobility-become familiar with the equipment and use it!! Generally standing transfers should not be used unless specifically detailed or directed otherwise in the care plan.

Profiling Bed

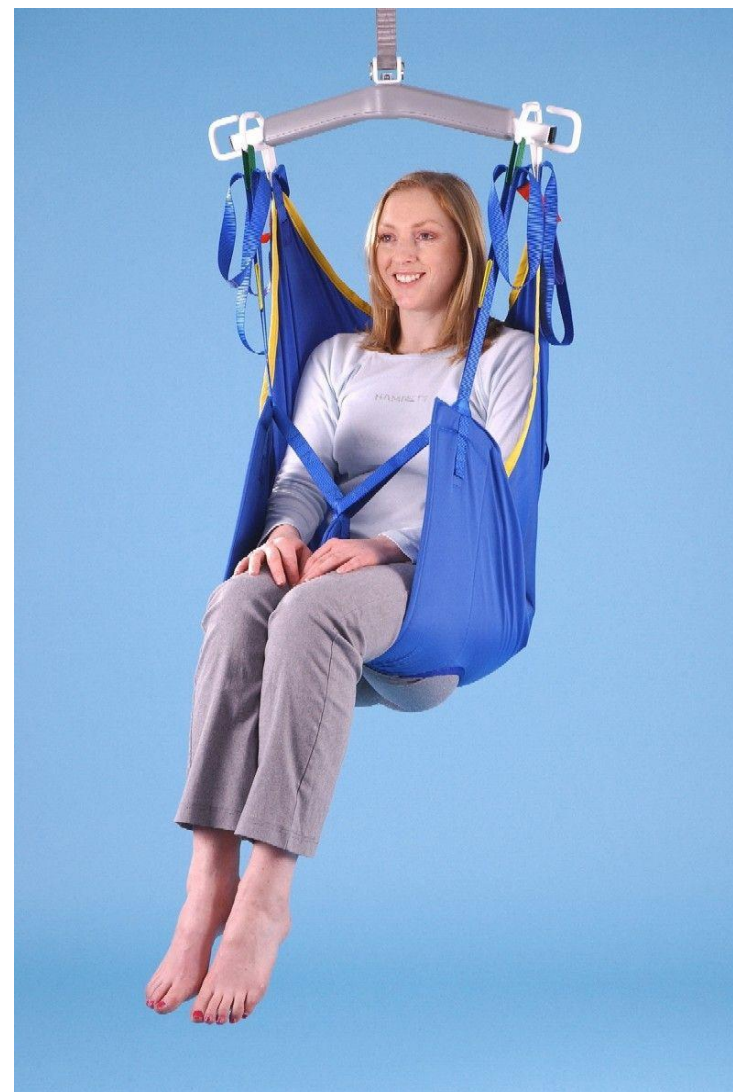




Hoist and Sling

Commode Chair

Ceiling Track and Hoist



Sliding Board



Pediturn



Commode/Bath Chair



Sliding Sheet



Practical Activity

Moving and Handling

