

Moving and Handling

Level 1

Volunteers Training



Meet the team

Claire Waugh – Moving and Handling
Advisor

Debbie Fortune – Lead nurse for
Falls

Sue Bridle – Falls, Moving and
Handling Associate Practitioner

Learning Outcomes

- Understand employers and employees responsibilities
- Understand your own responsibilities under local policies for moving and handling
- Know how to risk assess to enable you to facilitate good practice
- Understand principles of good back care to promote general musculo-skeletal health
- Use an ergonomic approach to manual handling to improve working posture
- Understand the principles of safer handling

Definitions

**Manual Handling
Operations**

Load

Hazard



Definitions

Risk

**Lifting
equipment**

Ergonomics



The Health and Safety at Work Act 1974 (HASAWA)

Worse welsh mining
disaster in history

- 21 October 1966 at
9:15 am.
- 144 people died
- 116 children, 28
Adults,(5 teachers
from the school)





HASAWA

MHOR, 1992

Manual
Handling
Operations
Regulations,
1992

LOLER, 1998

Lifting
Operations
and Lifting
Equipment
Regulations,
1998

PUWER, 1998

Provision
and Use of
Work
Equipment
Regulations
1998

HASAWA, 1974

Failure to comply with this Act by the manager or staff may result in criminal prosecution.

Managers Duties

Staff Duties



Risk Assessment

Risk Assessment is the key to effective moving and handling. There are four key elements that need to be considered before undertaking any manual handling activities....

TASK

INDIVIDUAL

LOAD

ENVIRONMENT

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Risk Assessment

Task



- Do you have to do the task?
- Does it involve twisting, stooping, stretching, pushing, pulling?
- Do you have to support the load for a long time?
- Is the task repetitive?
- Do you have to hold the load a long distance from your body?

Risk Assessment

Individual Capabilities

- Have you had training?
- Are you competent to do the task?
- Have you had previous injuries?
- Are you wearing the correct uniform, shoes, protective clothing?

Risk Assessment



LOAD

- What is the load?
- Is it heavy or bulky?
- Is it harmful or unpredictable?
- Is it big or small?
- Is it difficult to hold or unstable?

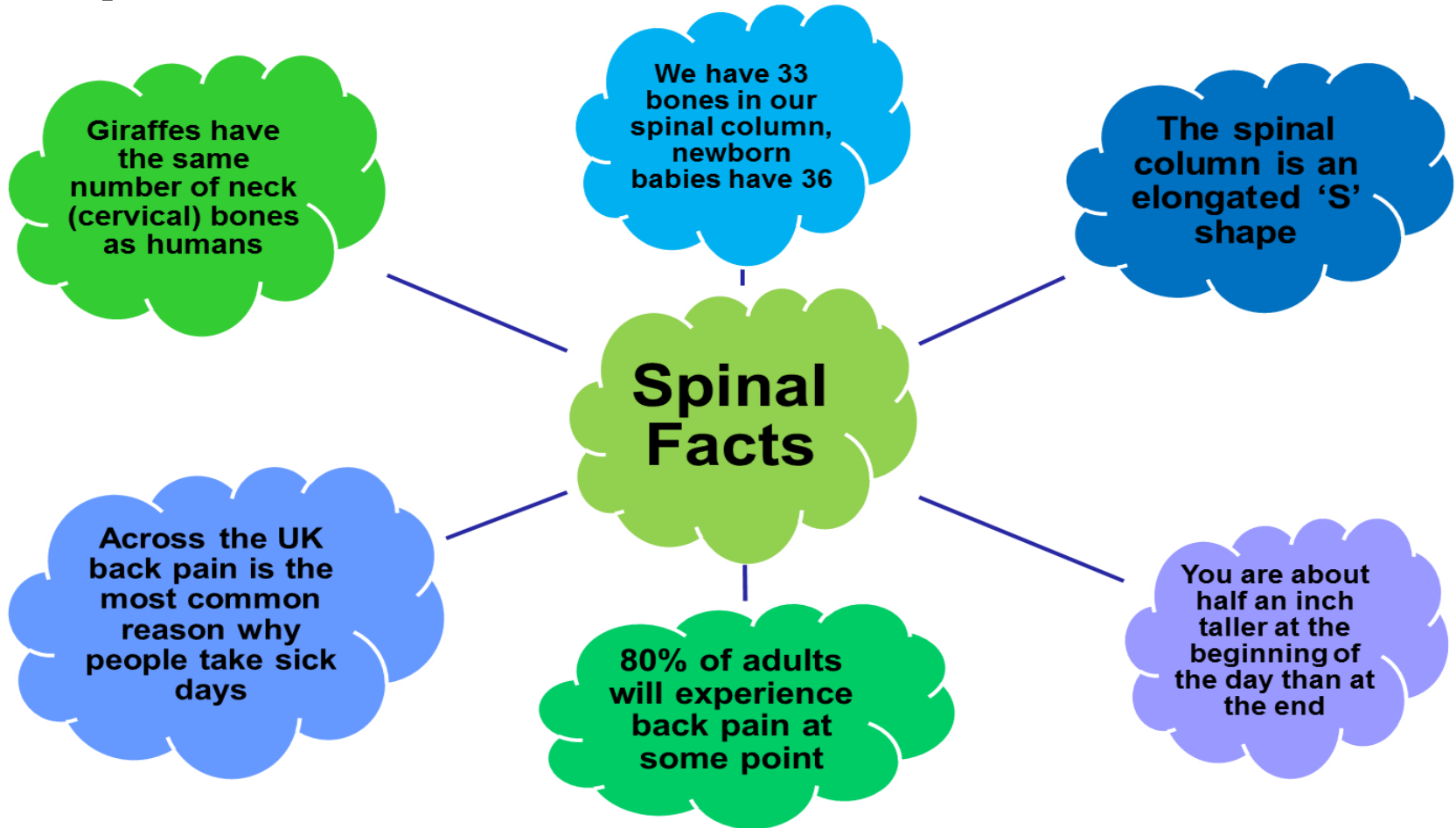
Risk Assessment

E

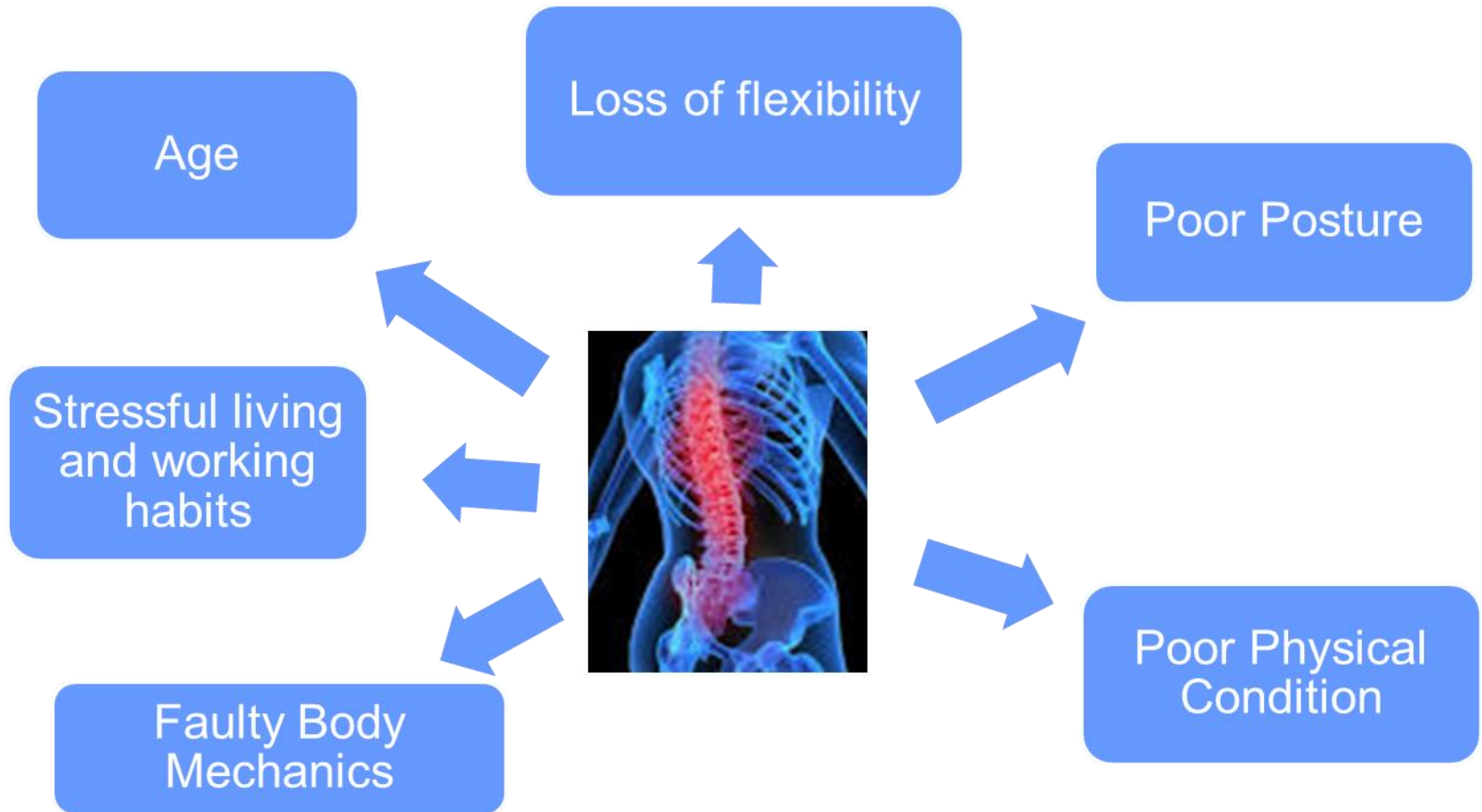
ENVIRONMENT/EQUIPMENT

- Do you have enough space?
- Is the flooring good repair/wet/slippery?
- Is there good access lift/stairs/doors?
- Do you have the correct equipment?
- Is the equipment well maintained?
- Have you had training to use it?

Spinal Facts...



Causes of Back Pain



Principles of Good Back Care

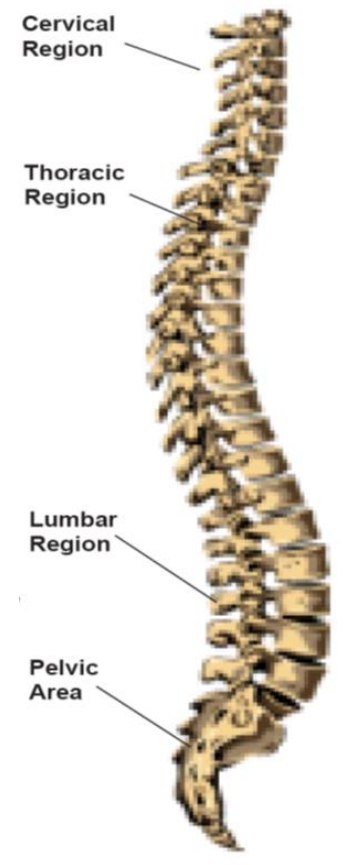
Regular Physical Exercise



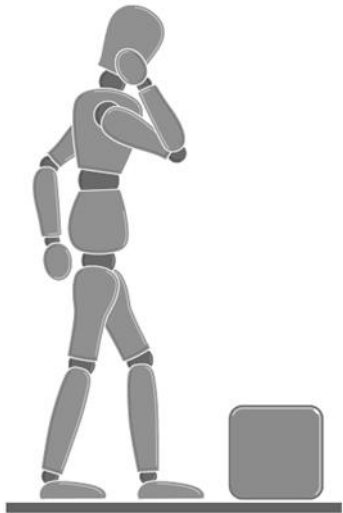
Spinal Structure and Function

Structure of the Spine

The spinal column is made up of 33 bones (vertebrae).



Basic Principles for Safer Handling



THINK BEFORE YOU LIFT
FEET
HEAD
SHOULDERS
BACK ARMS
HANDS
KNEES

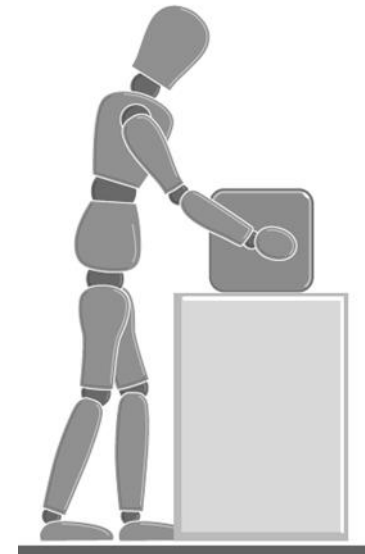


Basic Principles for Safer Handling

**HEAD AND
MOVEMENT**

BODY

THE END



Contacts at RBCH sites

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