

# Manual handling

## FACT

Manual handling was the most frequent cause of over-seven-day injury in 2014/15 and approximately 909,000 working days are lost each year due to handling injuries.\*

\*HSE: Handling Injuries in Great Britain Report 6, 2014

## 1 STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load



## 2 THE LIFT

- |  |  |
|--|--|
| ✓ Keep distances to a minimum            | ✓ Firm hold from below                         |
| ✓ Prepare the area (remove trip hazards) | ✓ Lead with your head as you lift              |
| ✓ Test the load                          | ✓ Keep movement smooth                         |
| ✓ Feet apart                             | ✓ Keep load close to your body                 |
| ✓ Leading leg slightly forward           | ✓ Reverse the procedure when lowering the load |
| ✓ Hips and knees relaxed                 |  |

## 3 DON'T

- |               |                                  |
|---------------|----------------------------------|
| ✗ Jerk        | ✗ Twist                          |
| ✗ Overstretch | ✗ Lift loads which are too heavy |



## 4 ASK FOR HELP IF REQUIRED

If the load is too heavy or you have a problem, ask for help

# Manual Handling In Care Handouts

**B Lingard**



## **Manual Handling In Care Handouts:**

**A Manual on the Care and Handling of Electric Plants** Norman Hugh Schneider,1903      *Nursing in Care Homes* Linda Nazarko,2009-02-12 Nursing in Care Homes is a practical guide for nurses of all levels working in care homes It is directly relevant to everyday practice and covers clinical issues such as continence care wound care infection control and nutrition as well as information on a wide range of issues including legal requirements care home standards and liaising with social and health care services The revised and updated second edition includes new chapters on maximising abilities risk management stroke and diabetes and calls upon the recommendations of the National Service Framework for Older People and the requirements of the Care Standards Act 2002 Concise and easy to follow Nursing in Care Homes is an essential guide to skilled professional care for all nurses in care homes It will also be invaluable to nursing students undertaking their placements in care homes      **Lifestyle Management in Health and Social Care** Miranda Thew,Jim McKenna,2009-03-16 Lifestyle Management in Health and Social Care is a one stop handbook for health and social care professionals that assists in the provision of a wide range of professional lifestyle advice treatment or condition specific therapy It is both evidence based and highly practical Each chapter provides background information on a particular lifestyle factor including fatigue stress relationships and diet In addition the book offers suggestions for further reading and step by step advice on how to explain and facilitate lifestyle skills with clients At the end of each chapter and posted on the companion website are information sheets to hand out to clients to further support their understanding and their ability to apply effective strategies and skills for change Features Companion website with downloadable PDF files of client handouts Evidence based Multi professional contributions Suggestions for further reading Includes motivational interviewing      *Instructors Manual on Intermediate Emergency Care* Bledsoe,1998      *Education pamphlets* ,1922      **Home Care Compliance Manual** Aspen Health Law and Compliance Center,Aspen Communications and Data Group,1999 Presents a book disk home care compliance tool to help directors of home care agencies understand and comply with Joint Commission standards and other requirements for home care Coverage encompasses federal state and local laws liability concerns and Joint Commission requirements Explains lega      **Educational Pamphlets 60** ,1886      *Manual of Military Training* James Alfred Moss,1914      Pamphlets on Biology ,1926      Manual of Clinical Behavioral Medicine for Dogs and Cats - E-Book Karen Overall,2013-07-05 This title includes additional digital media when purchased in print format For this digital book edition media content is not included World renowned author Dr Karen Overall is a leading veterinary behavior specialist and a founding member of the board of clinical specialists a Diplomate of the American College of Veterinary Behavior certified by the Animal Behavior Society as an Applied Animal Behaviorist and one of The Bark magazine s 100 most influential people in the dog world Companion DVD includes a 30 minute video of the author demonstrating techniques for correcting and preventing canine behavior problems and provides handouts to assist the pet owner with behavioral modification techniques

Supplemental material includes 45 client handouts 12 informed consent forms and 5 questionnaires that help you zero in on the pet s behavior Hundreds of images illustrate important techniques and key concepts Tables and boxes summarize key assessment information behavioral cues and pharmacologic management      **Back Care** Sheila Braggins,2000 The first section of this book examines the structure and function of the healthy back as well as what can go wrong and lead to back pain The second section addresses back care and pain management through posture exercises and massages Treatment plans are also discussed This book is authored by an experienced physical therapist who specializes in back care This book is a useful guide for all practitioners who treat back conditions      **Pamphlets** National Fire Protection Association,1943

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