

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

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 Procedure Example

**Jane Mallett, John Albarran, Annette
Richardson**



Manual Handling Procedure Example:

Critical Care Manual of Clinical Procedures and Competencies Jane Mallett, John Albarran, Annette Richardson, 2013-07-22 This manual is aimed at all healthcare practitioners from novice to expert who care for the critically ill patient recognising that different disciplines contribute to the provision of effective care and that essential knowledge and skills are shared by all practitioners It provides evidence based guidelines on core critical care procedures and includes a comprehensive competency framework and specific competencies to enable practitioners to assess their abilities and expertise Each chapter provides a comprehensive overview beginning with basic principles and progressing to more complex ideas to support practitioners to develop their knowledge skills and competencies in critical care

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

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Aged Care Nursing Susan Carmody,Sue Forster,2003 With increased life expectancy the aged population has grown markedly throughout the world but there is a shortage of experienced nurses with expertise in the holistic care of the elderly This book is written to inspire and empower such nurses Care of the aged has a long and noble history within the nursing profession Respect for the dignity of the elderly and a commitment to their well being have inspired generations of nurses But it is only in more recent times that aged care nursing has really come of age with the provision of sound evidence based nursing practice The traditional ethical approach to aged care nursing has thus become combined with sound scientific knowledge in a modern holistic model of care Aged Care Nursing A Guide to Practice is written by clinicians for clinicians Each chapter describes contemporary nursing practice in a specific area of aged care The inclusion of evidence based and outcome based practices throughout the book ensures that all readers be they novices or experts will have a reliable and beneficial reference to guide their practice The chapter authors are from several countries and the content of each chapter is presented generically to ensure international applicability Each author is a recognised expert in his or her subject area and all present their topics with a focus that is practical rather than academic

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