



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ADD TO your back FIRST

BEFORE you lift your load, plan the route. Clear any obstacles from your path and note where obstacles will be if an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core (abdominal) muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Stand at the knees & hips not your back. Your leg muscles are stronger than your back and can withstand greater force. This is known as the Squat Technique (Fig 16).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to hurt your back.



HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and close to your body than at any other height (unless it's **below** your body).

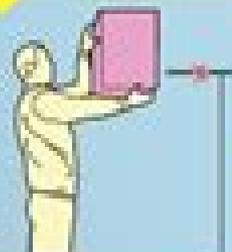
AVOID lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid storing objects at these heights when possible.



Don't **BEND** or **TWIST** while you are lifting or carrying.

Improper handling or twisting could throw you off balance or cause injury.

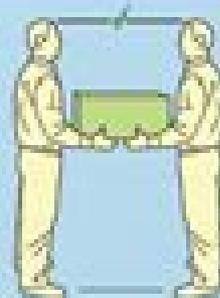


Reduce the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent lifts, e.g. replace a heavy load with smaller pieces.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: wheelbarrows, dollys, pallets, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ALWAYS ensure someone of same size and strength for manual handling tasks.



Know your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is awkwardly large or unstable, it can be difficult to lift. It is better to wait and ask for assistance than to try and lift something that could potentially cause injury.

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**Susan Macqueen, Elizabeth Anne
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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 comprehensive resource for all qualified nurses students and other health care professionals involved in caring for children both in the hospital and the community setting Children's and young people's nursing presents unique challenges The Great Ormond Street Hospital Manual utilises the latest clinical research and expert clinical knowledge to address these challenges and provides the underlying theory and evidence for nursing care of children It provides a definitive guide to clinical skills procedures in children's and young people's nursing which enables nurses working with children and young people to practice confidently and deliver clinically effective family centred care Key features Offers access to clinical procedures developed through the extensive expertise from Great Ormond Street Hospital Contains evidence based recommendations for expert care Encompasses all aspects of children's care Contains procedures guidelines students can rely on and effectively use in practice following qualification Highlights specific needs of neonates and adolescents Placed in the context of inter disciplinary care of the child Includes the rationale for each procedure the why as well as how Information presented in a similar way to The Royal Marsden Manual of Clinical Nursing Procedures offering continuity to those working in both adult and paediatric settings This title is also available as a mobile App from MedHand Mobile Libraries Buy it now from iTunes or the MedHand Store *Nursing Times, Nursing Mirror*, 2002 *The Hospitals & Health Services Year Book and Directory of Hospital Suppliers*, 1994 **Report of Annual Trades Union Congress** Trades Union Congress, 1995 **Bailliere's Study Skills for Nurses and Midwives** Sian Maslin-Prothero, 2010 The text uses a number of features to help the reader get the most from it including activities reflection points case studies and annotated further reading There are also a number of useful appendices including a simple guide to reference and citation systems *Anaphylaxis* Philip Jevon, 2004 This book is a small yet comprehensive practical guide to the management of anaphylaxis It will equip any healthcare worker with the essential information they need to be able to respond quickly and appropriately in the event of an anaphylactic reaction which can be life threatening if not diagnosed and treated effectively

Care Standards Paul Ridout, 2003 The Care Standards legislation has been revolutionary imposing draconian requirements upon the providers of residential care Breach of the legislation can attract upon a care home owner or manager criminal liability and disqualification Consequently it is essential that all involved in the system are aware of their responsibilities the latent difficulties in the legislation and best practice This book provides British Care Home Owners those advising them and all involved in the care standards regime with a thoroughly comprehensive handbook [Myles Textbook for Midwives](#) Margaret F. Myles, 1999 The world's most popular midwifery textbook presents practical and comprehensive coverage of anatomy and physiology as well as the important topical issues of midwifery practice The expert editors have

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