

# **Welcome to Moving & Handling Level 2 for Client Handlers**

Trainers name

# INTRODUCTION

# Housekeeping

- Timing and breaks
- Introductions
- Fire exits
- Toilets
- Refreshments
- Fitness to participate



# Learning outcomes

- Awareness of legal, theoretical and practical issues in moving and handling at work.
- Understanding of moving and handling issues in the workplace.

# Topics

## Theory session

- Legislation/risk assessment
- Spine mechanics and function
- Back care and body posture
- Unsafe technique awareness
- Tips for a healthy back
- Organisational policies

## Practical session

- Equipment and safety checks
- Hoists and slings
- Transfers
- Sliding sheets
- Sitting
- Lying
- Heavy

# DEFINITION OF MANUAL HANDLING

# What is manual handling ?

- The transporting or supporting of loads by lifting, lowering, pulling, pushing and carrying.
- What does that mean for you at work? At home?
- 24 hours approach.



# Why attend manual handling training?

- Manage and reduce work related musculoskeletal disorders
- Ability to identify controversial techniques and their associated risk
- Legal requirement



# Work related musculoskeletal disorder statistics (WRMSDs) in Great Britain 2018/2019

**1,354,000** total number of all work related illnesses

**498,000** total number of WRMSDs

**37%** percentage of WRMSDs

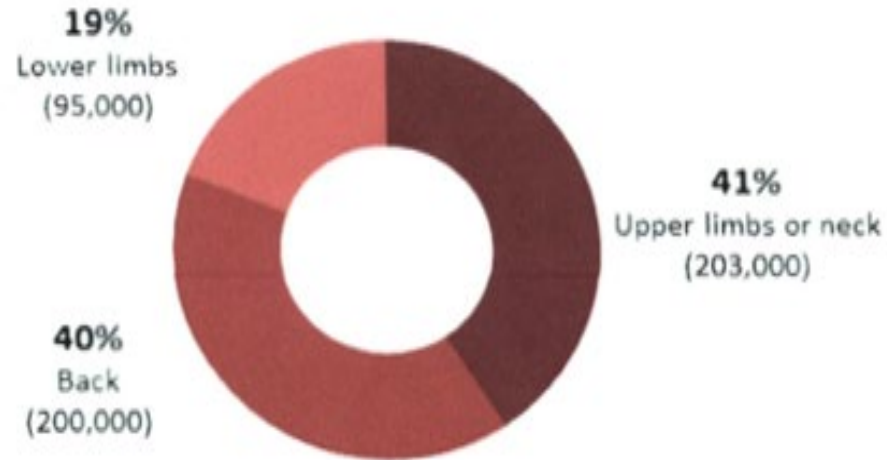
**6.9 million** days lost due to WRMSDs

**2.6 million** days lost due to work related upper limb disorder

**2.8 million** days lost due to back disorders

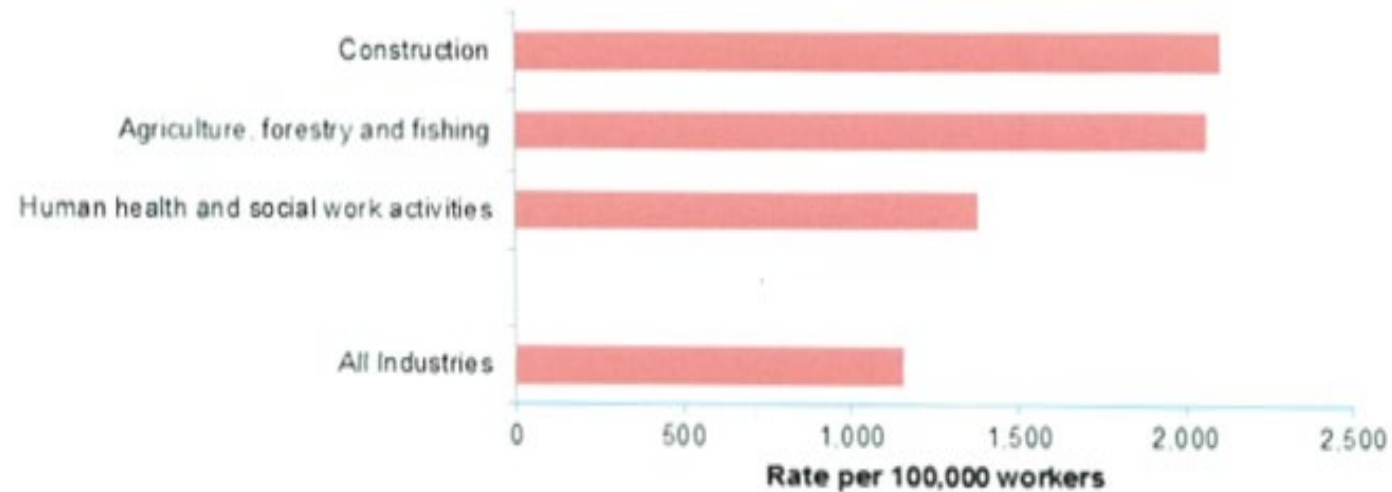
**1.5 million** days lost due to work related lower limb disorders

# Musculoskeletal disorders in Great Britain



Source: Labour Force Survey  
<http://www.hse.gov.uk/statistics/lfs/index.htm>

# Industries with higher than average rates of musculoskeletal disorders averaged 2016/17-2018/19



Source: Labour Force Survey

<http://www.hse.gov.uk/statistics/lfs/index.htm>

# Controversial techniques and the risks

- Drag lift (in all its forms)
- Bear hug transfer
- Top and tail lift
- Australian lift
- Pivot turn
- Pulling on a frame
- Pulling on hands

The Guide to the Handling of People, hop6, 2013

# LEGISLATION

# Can you name four laws to do with moving and handling?

1. Health and Safety at Work Act 1974 (HASW)
2. Manual Handling Operations Regulations 1992 (as amended 2002) (MHOR)
3. Lifting Operations and Lifting Equipment regulations 1998 (LOLER)
4. Provision of Use of Work Equipment Regulations 1998 (PUWER)
5. Reporting of Injuries Disease and Dangerous Occurrences Regulations 1995 (RIDDOR)
6. Management of Health and Safety at Work regulations (1999)

# Health & Safety at Work etc Act 1974

## What are the main duties of an employer?

- Provide you with training
- Provide a safe system of work (MUST respond if you raise a problem)
- Provide safe equipment
- Risk assess

# Health & Safety at Work etc Act 1974

## What are the main duties of an employee?

- Duty of care
- Attend training and ensure you know what safe manoeuvres are (and know when to say no)
- Use safe systems and follow manual handling policies
- Assess risks
- Reports acts of omission
- Report any physical/medical conditions that would detrimentally affect their practise to the appropriate manager



# Manual Handling Operations Regulations 1992 (as amended 2002)

- Avoid** Wherever possible, avoiding a manual handling situation is always preferable.
- Assess** If avoidance is not possible, making a 'suitable and sufficient' assessment of the hazards is the next step.
- Reduce** By following the Risk Assessment you are reducing the risk of injury to all persons involved. Training of staff in safer handling techniques, introducing appropriate handling aids and changing work patterns will all help reduce the risk.
- Review** Risk Assessments should be reviewed when changes occur.

# When should you complete the BHC M&H individual patient risk assessment form?

- On initial assessment
- When anything changes (i.e. after equipment has been put in place or if the patient's mobility level changes)

# When completing a moving & handling risk assessment, what 4 elements should be considered?

1. **TASK** Do you need to do it, what are you going to do, how often? **AVOID IF YOU CAN.**
  2. **INDIVIDUAL** How many people does it require, capability, experience, weight of the load, clothing and footwear?
  3. **LOAD** Able to weight bear, How big, compliant, any pain, tissue viability, communication levels?
  4. **ENVIRONMENT** Space constraints on posture, floor space available.
- + **EQUIPMENT** What equipment to you have available immediately and/or to be ordered.



Can you name the 4 situations that the RCN and Resuscitation Council would consider life threatening, and therefore acceptable to lift a child or adult?

1. Building collapse
2. Threat of bombs/bullets
3. Fire
4. Drowning

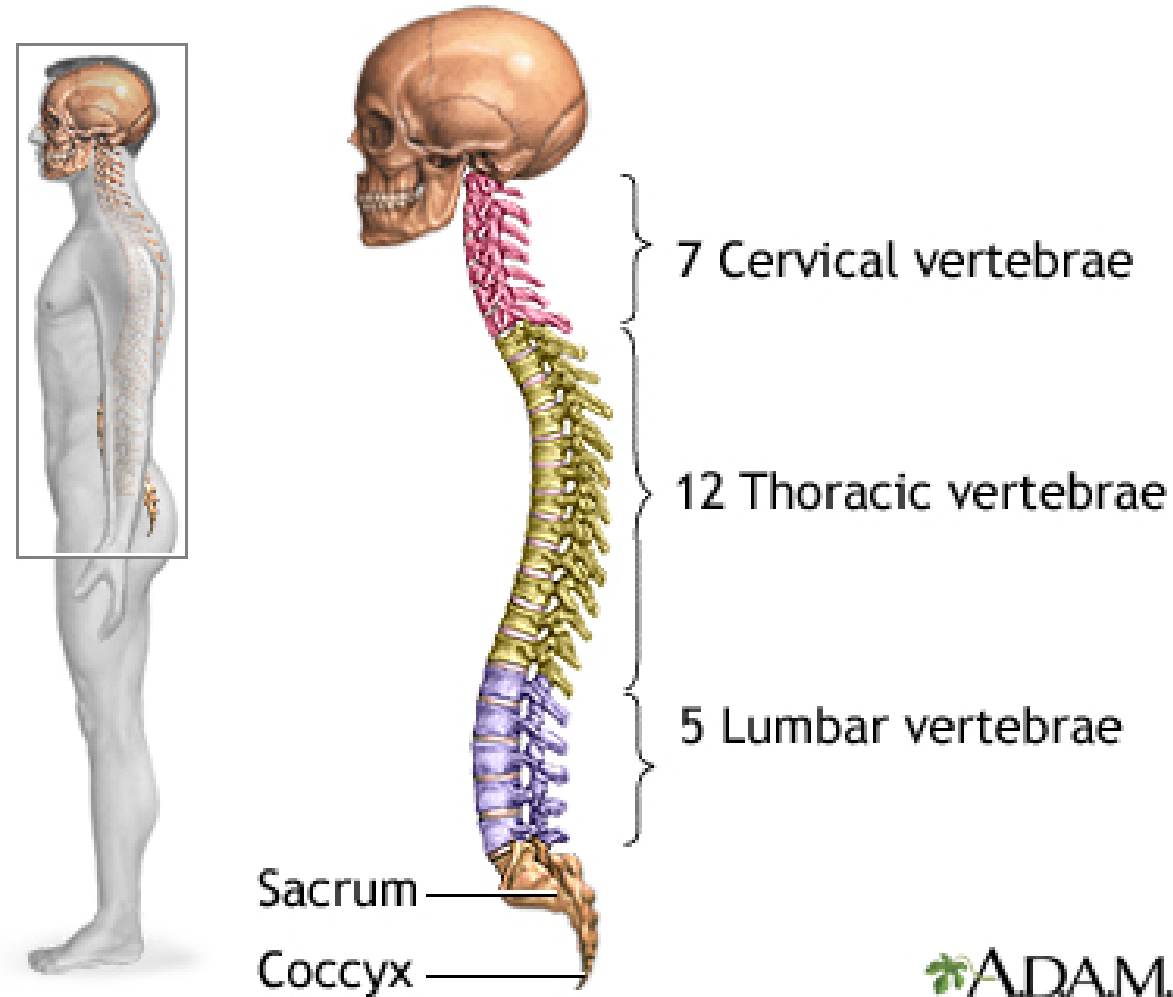
Note: It is not acceptable to lift someone having a heart attack!

# What is a safe weight to lift?

- There is no safe weight to lift!
- There are recommendations when you need a risk assessment.

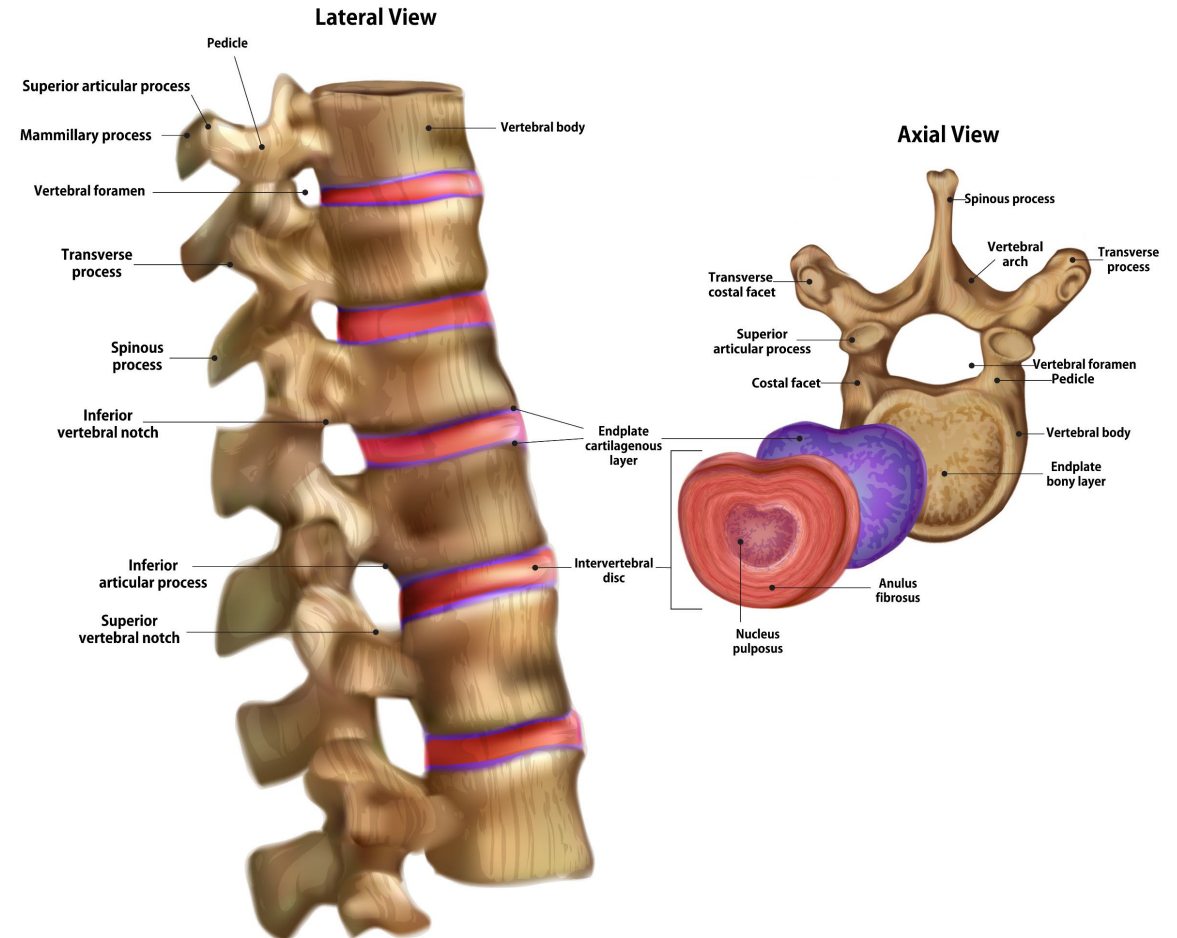
# SPINAL MECHANICS AND FUNCTION

# What are the five sections of the spine?



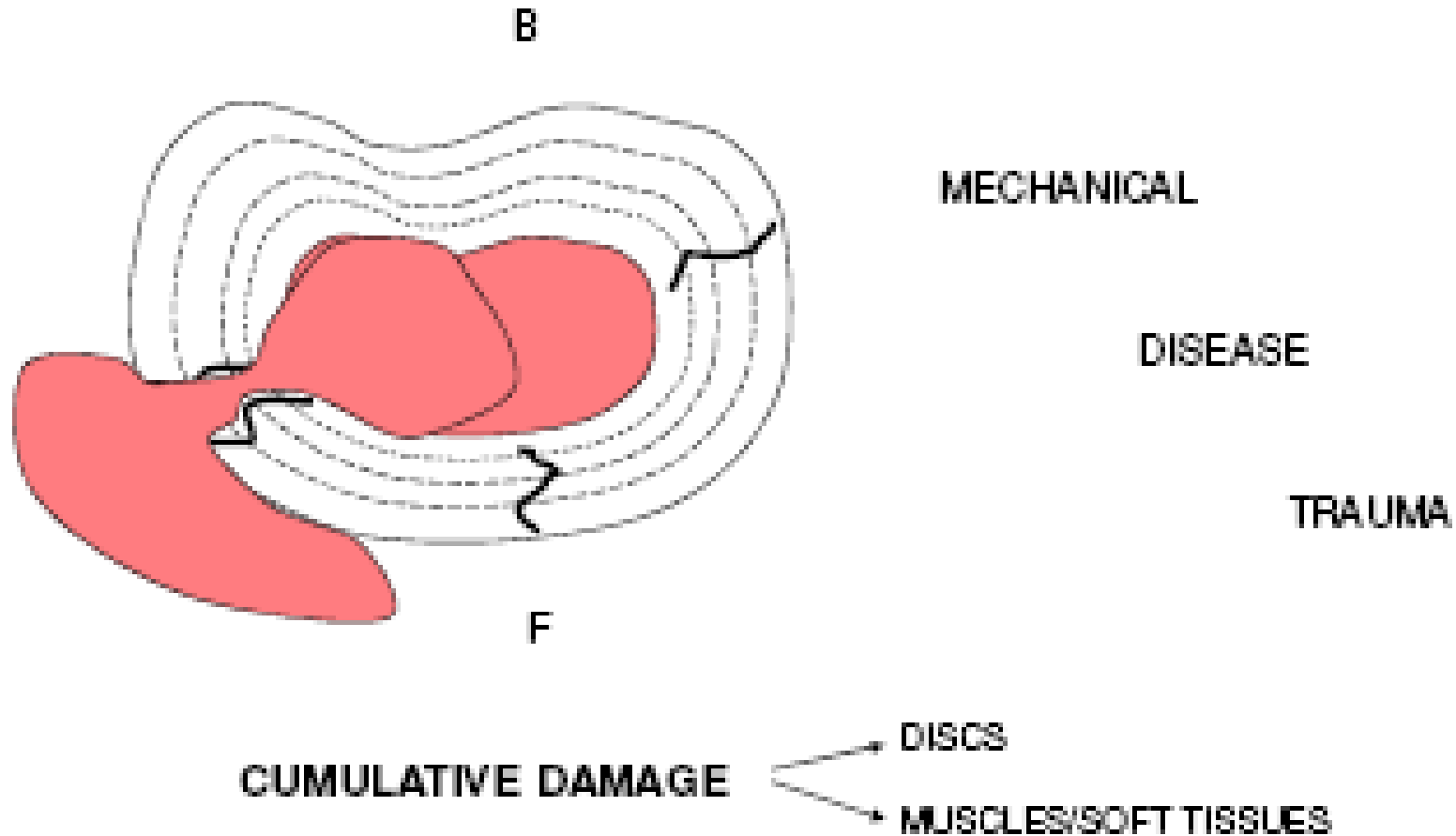
# What are the three functions of the intervertebral discs of the spine?

- Shock absorber
- Spacer between the vertebrae
- Allow movement of the spine (mobility)





# What are the three main causes of back pain?



# To avoid potentially damaging body postures, what are the rules of body positioning that can be applied to all moving and handling tasks?

- Nose and toes facing the same direction
- Hands in front (arms close to body)
- Stable base
- Adopt a walk/stance posture
- Kneeling/half kneeling



# Top ten tips for a healthy back

1. Exercise your back regularly – walking, cycling, swimming (especially front and back strokes).
2. Always bend your knees and hips, not your back.
3. Learn to lift heavy objects using the correct lifting technique.
4. Carry larger loads in a comfortable rucksack using both shoulder straps, and avoid sling bags.
5. Maintain a good posture – avoid slumping in your chair, hunching over a desk, or walking with your shoulders hunched.
6. Try to take a short break from sitting – every 30 minutes.
7. Stop smoking. Smoking can reduce the blood supply to discs between the vertebrae, and this could lead to discs degenerating.
8. Try to maintain a health diet and lifestyle. Endeavour to lose any excess weight.
9. Check that your bed provides the correct support and comfort for your weight and build, not just firmness.
10. Learn relaxation techniques such as breathing exercises to help manage stress. Stress is a major cause of back pain.



# BREAK

# PRACTICE

# RESOURCES

# Guidance

- Bromley Healthcare Manual Handling Policy
- Bromley Healthcare Accident and Incident Reporting and Management Policy

# National Back Exchange

- <https://www.nationalbackexchange.org/>
- [NBE Working at Floor Level Leaflet Website Version.pdf](#)
- [The Safe Handling of a Manual Wheelchair](#)
- [Choosing a sling for your hoist](#)
- [Safer use of hoists](#)





# Health & Safety Executive

- <https://www.hse.gov.uk/>
- [Manual handling at work – a brief guide](#)
- [Moving and handling in health and social care](#)
- [Getting to grips with hoisting people](#)
- [LOLER](#)



# Professional Bodies

- Royal College of OTs <https://www.rcot.co.uk/>
- Chartered Society of Physiotherapy <https://www.csp.org.uk/>
- Royal College of Nursing <https://www.rcn.org.uk/>

# Legislation and regulations

- Health & Safety at Work Act 1974
- The Management of Health and Safety at Work Regulations 1992
- Manual Handling Regulations 1992
- Lifting Operations and Lifting Equipment Regulations (LOLER) 1998
- Provision and Use of Work Equipment Regulations (PUWER) 1998
- Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013
- Control of Substances Hazardous to Health (COSHH) 2002

# CONCLUSION

# What next?

- Final questions
- Training record
- Course feedback - click [here](#) or scan the QR code below





# Thanks for attending Moving & Handling Level 2 for Client Handlers