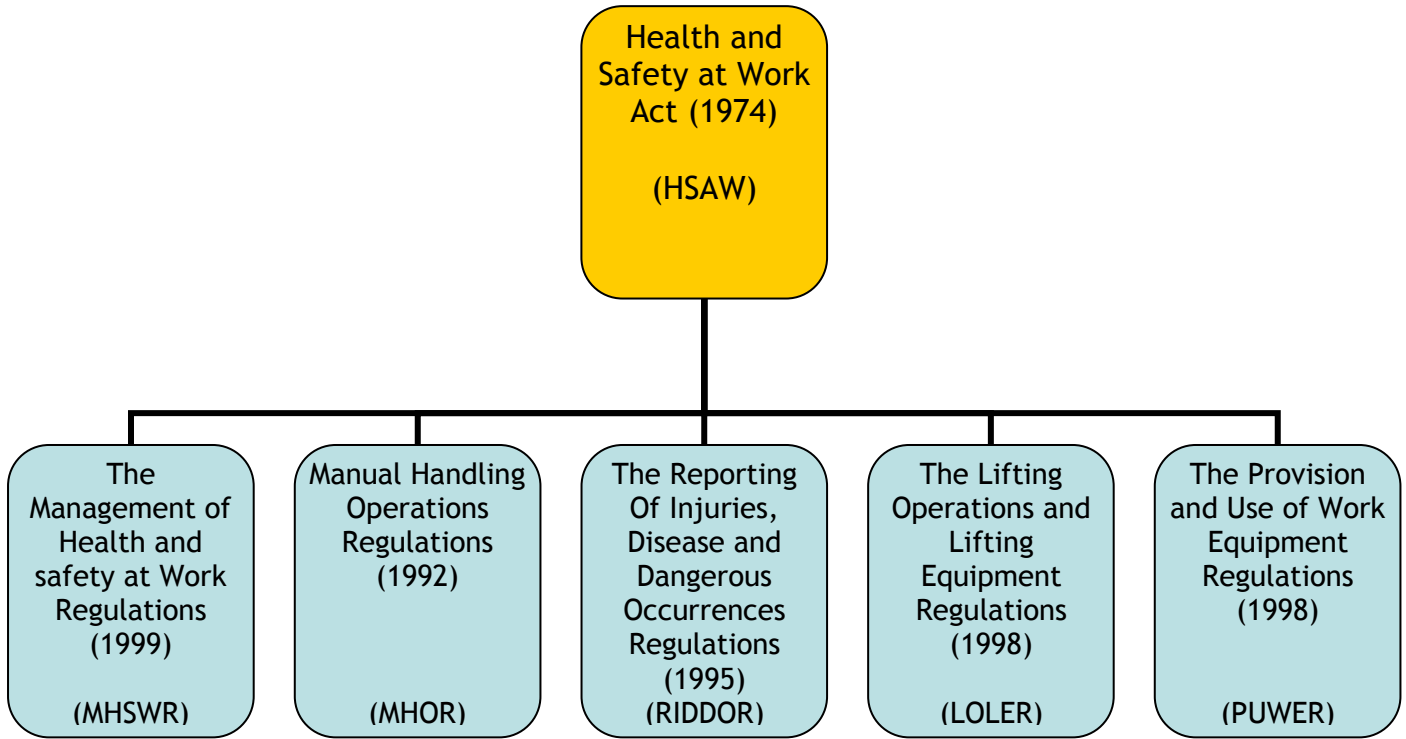


Moving and Handling - Introduction Overview

Legal Context:



Additional legal instruments:

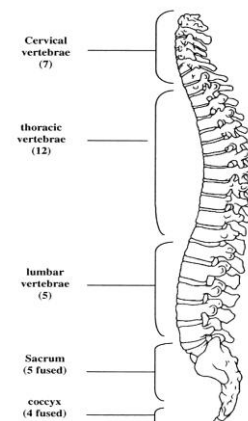
- ⦿ Human Rights Act (1998)
- ⦿ Disability Discrimination Act (1995)
- ⦿ Disability Rights Commission Act (1999)
- ⦿ Health Act (1999)
- ⦿ Protection of Children Act (1999)
- ⦿ Carers and Disabled Children Act (2000)
- ⦿ Care Standards Act (2000)
- ⦿ Health and Social Care Act (2001)

Also to consider:

- ⦿ Guidelines on physical intervention strategies
 - Differences between 'Physical Intervention' and 'Safer People Moving and Handling'

Principles of Safer People Moving and Handling:

- ⦿ Good back care is **essential** not optional
- ⦿ Maintaining the natural curvature of your spine will protect it
- ⦿ Remember - you will be more likely to risk injury if:
 - There is an increased mass of load



- A greater distance of load from your body
- Inclination of the trunk - twisting, bending etc.
- ◎ To reduce potential impact:
 - Avoid
 - Assess
 - Reduce

Principles

T - Task
I - Individual
L - Load
E - Equipment
E - Environment

Dynamic stable base
Soft knees and hips
Natural Curves
Close load
Arms close to body
Avoid bending and twisting
Raise chin with manoeuvre
Smooth movements
Clear instructions (with others)

Hazard / Risk

- ◎ A 'HAZARD' is something which has the potential to harm
- ◎ A 'RISK' is the chance, great or small, that someone will be harmed by the hazard

Unsafe Techniques:

- ◎ Drag Lift
 - ◎ Orthodox Lift
 - ◎ Arms around carers neck
 - ◎ Pole and Canvas - total body lift
 - ◎ Through Arm / Hammock Lift
 - ◎ Shoulder / Australian Lift
 - ◎ Pivot Transfer
 - ◎ Lifting across bed
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