

Safe Manual Handling

Overview

Over a third of accidents arise from manual handling activities and lift/lifts, but often the facts:

For manual handling equipment regulations (L2)

These regulations are intended to reduce the risk of injury to employees when conducting work involving manual handling, which is defined as physical activity that involves lifting, lowering, pushing and pulling.



Typical manual handling injuries include:

- Damage to ligaments and tendons
- Strain or sprain
- Bruised skin
- Fractures

The human body

The back is composed of a series of short, curved bones separated by cushioning discs. Tendons and muscles support the spine, and your responsibility is ensuring that the discs receive a variety of loads.

Risk Assessment

This is the process of identifying any potential risks and assessing how they arise. It then allows a range of control measures to be devised and applied, which will manage the risks to an acceptable level. Such a assessment will be carried out by a competent individual familiar with the legal requirements and the tasks undertaken. When this is done for most employers, assessments should be written down.

The assessment should consider risks to the '5 Ds' format:

Load

- Is it mechanical or too awkward?
- Is it awkward or twisting movements for awkward?
- Is it made of a hard or soft material? How often must it be lifted/lifted?
- Will there be any problems such as the need for awkward angles from the body?

Individual

- Does the worker have any health issues?
- Are younger workers involved in lifting?
- Do the techniques involve twisting?

Task

- Are there issues with frequency or height of lift?
- What is the angle?
- Is the load awkward?

Environment

- Are there issues with temperature, lighting or dust?
- Are there regulations in the field?
- Is there enough light?
- Is the weather (or a problem) such as high winds?



Employer & Employee Duties

Employers

- Must assess the level of risk faced by their employees
- Must implement a safe system of work based on the assessment
- Must assess manual handling where reasonably practicable in consultation with the employees
- Must inform any limited lift on for as possible
- Must provide relevant information and training
- Must assess movements and work systems

Employees

- Must adhere to the safe system of work
- Must use the equipment and systems provided
- Must understand warning/affordance the equipment
- Must report any problems to they with the company premises

Prevention of injury

- In order to reduce the risk of injury you should:
- Only lift weights within your ability and in line with the guidelines given in training
- Maintain good posture at all times
- Attempt to warm-up before strenuous work
- If you feel pain, feel numb, dizziness and feel out of breath
- Reporting any incident which gives rise to pain



Good Handling Technique

Planning

- Can I handle the load?
- Are any lifting aids available?
- Do I need help?
- What obstacles are in my way?
- Do I have any personal problems that prevent me from safely lifting?

Position

- Keep feet apart with one foot leading the other
- Keep the spine straight and shoulders level
- Bend from the knees - do not lean over the load

Use

- Ensure a secure grip on the intended equipment
- Use your fingers
- Use any handles provided

Posture

- Keep the chest opened
- Do not 'round' - all progressively
- Use the legs/feet, not the back
- Keep the load high against the body with any hands, arms/feet/legs
- Do not lean the load by twisting
- If necessary, use the feet when to adjust your grip



Manual Handling Code Of Practice For Nurses

Maggie Mallik, Carol Hall, David Howard

Manual Handling Code Of Practice For Nurses:

District Nursing Manual of Clinical Procedures Liz O'Brien,2012-03-09 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

Handbook of Modern Hospital Safety William Charney,2009-07-28 It is ironic that those whose job it is to save lives often find themselves injured in the course of performing their duties In fact according to the Bureau of Labor Statistics healthcare workers have higher injury rates than agriculture workers miners and construction workers The Handbook of Modern Hospital Safety Second Edition covers expo

Foundation Studies for Caring Edward Alan Glasper,Gillian McEwing,John E. Richardson,2018-01-16 Supported by a companion skills volume and website Foundation Studies for Caring is a comprehensive introductory text for all health professionals which maps directly on to the key skills framework Taking a student centred learning and interprofessional approach it is the most inclusive and engaging theory text in the market

Nursing Times, Nursing Mirror ,2005 The Great Ormond Street Hospital Manual of Children's Nursing Practices Susan Macqueen,Elizabeth Anne Bruce,Faith Gibson,2012-04-20 Clinical skills are a fundamental aspect of nursing care of children 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 **Skills for Midwifery**

Practice Australia & New Zealand edition Sara Bayes,Sally-Ann de-Vitry Smith,Robyn Maude,2018-10-13 The first edition of Skills for Midwifery Practice Australia and New Zealand edition builds on the success of the highly regarded Skills for Midwifery Practice by Ruth Johnson and Wendy Taylor now in its fourth edition Endorsed by the Australian College of Midwives this text provides instruction and guidance on more than 100 clinical skills for midwifery students and midwives who wish to perfect their practice Each clinical skill is presented logically in a step by step format providing a clear sequencing of information Theory and evidence precedes each skill to thoroughly explain the underlying physiology of the scenarios encountered in midwifery practice Woman centred approach Structured to follow the logical progression from pregnancy through to labour and birth and finally to postnatal care Australian and New Zealand guidelines policies standards statistics terminology and cultural considerations are included throughout Now includes an eBook with all print purchases

Nursing Knowledge & Practice Maggie Mallik,Carol Hall,David Howard,1998 Introducing the first truly integrated approach to foundation nursing knowledge from the biological pscho social sciences into core nursing knowledge This text adopts a unique decision making approach that encourages critical thinking and the development of decision making skills Addresses the fundamental aspects of care which are primarily nursing responsibilities and also features helpful summaries of key research findings **Safety and Health at Work** ,1999 *Clinical Nursing Practices* Elizabeth Marion

Jamieson,1997 Manual for public health nurses New York (State). Dept. of Health,1920 *Manual for Public Health Nurses* New York (State). Department of Health,1920 **Occupational Health Nursing** Katie Oakley,2002 This second edition has been fully updated with four new chapters and is aimed mainly at students of occupational health nursing but will

also be of interest to qualified occupational health nurses There is an increasing interest in this speciality of community nursing which is expanding and developing with the encouragement and support of the Department of Health and the Health and Safety Executive The book is a topical reader written entirely by nurses working in the field It aims to be thought provoking stimulating and topical It starts by setting occupational health nursing in the international context and looking at European developments in particular and how these relate to developments in other areas of the world such as the Asia Pacific Region and the United States The book then goes on to look in detail at some of the core functions of occupational health nursing and essential aspects of effective occupational health services such as writing and developing policies and procedures setting standards and issues of quality and audit This is followed by an in depth look at some practical applications of the speciality using case studies in the areas of health promotion mental health rehabilitation and health assessment The focus throughout is on the use wherever possible of practical examples and experience from the practice of occupational health nursing

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 added an impressive team of contributors literature reviews and references for further reading New issues covered include risk management complementary therapies research and independent practice

Nursing Times ,2009 Nursing Diagnosis Manual Marilynn E. Doenges,Mary Frances Moorhouse,Alice C. Murr,2008 Nursing Diagnosis Manual **Illustrated Manual of Nursing Practice** ,1994 Clinical material is organized by body system with each chapter providing fully illustrated anatomy and physiology assessment techniques diagnostic test data nursing diagnoses with sample plans of care information on major disorders patient teaching guidelines treatments and related patient care This edition provides updates on more than 1 500 disorders tests procedures and treatments including information on cardiovascular drugs AIDS and hypertension classifications peptic ulcers and CPR guidelines Nurses find more detailed information on drugs and professional issues an added chapter on documentation and an expanded chapter on the nursing process Contributors include renowned nurse educators researchers and practitioners HMSO Annual Catalogue Great Britain. Her Majesty's Stationery Office,1985 The Manual of Nursing Quality Assurance Howard S. Rowland,1987 *BSAVA Manual of Veterinary Nursing* Margaret C. Moore,1999 The Manual of Veterinary Nursing offers an approach to enable workers and students in the field to develop their skills to set them on their way to achieving the national standards now in place for veterinary nursing Areas covered include modern wound management anaesthetic and radiography techniques surgical and medical nursing and emergency care Chapters on pharmacy and pharmacology client advice and ethics and the law give practical slants to often difficult topics The book is an essential practical guide and reference for all student veterinary nurses their trainers and assessors and a must for every practice bookshelf **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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