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handling tasks. From adjustable-height workbenches to lifting aids and assistive devices, these additions can significantly improve the overall workplace environment and productivity. Regularly review your manual handling practices and conduct audits to identify areas for improvement. This includes assessing the effectiveness of your training program, evaluating the use of mechanical aids, and soliciting feedback from employees. Use this information to refine your manual handling procedures and ensure ongoing compliance with safety regulations. In conclusion, mastering correct manual handling techniques is essential for creating a safer workplace and preventing injuries. Remember the seven don'ts of manual handling: don't bend forward, don't bend backward, don't twist, don't twist & bend forward, don't lift, don't reach, and don't jump. Implement the essential techniques for safe manual handling, including proper lifting, carrying, pushing, and pulling methods. Develop a robust manual handling training program that encompasses risk assessment, correct techniques, equipment training, and ergonomic principles. Foster a culture of safety through engagement and awareness. And finally, consider advanced tips such as the use of ergonomic tools and regular reviews to continually improve safety and efficiency in the workplace. By following these guidelines and integrating them into your everyday practices, you can protect yourself and your colleagues from the potential risks associated with manual handling. Stay safe, stay healthy! To Learn More about Backsafe's Manual Handling Training, contact Peter on 0414 460 859 or info@backsafe.com.au. Illegal or unsafe moving and handling of patients without using proper techniques or equipment can cause musculoskeletal injuries like back injury and chronic back pain. That is why it is essential for health and social care professionals to be aware of unsafe moving and handling practices, otherwise known as "unsafe manual handling techniques." Reading this blog, you can learn about illegal moving and handling techniques, how unsafe lifting practices can be injurious and why the right techniques are important for handling patients. If you have a passion for working as a health and social care professional, enrol in the Health and Social Care Level 3 course. The course acquaints you with the principles, codes of conduct and legislations of health and social care, preparing you as a potential candidate in the respective field. What is Moving and Handling in Health and Social Care? Moving and handling in health and social care refers to the moving and handling of people, which was previously termed as "manual handling" techniques for carers. Further, according to 'The Manual Handling Operations Regulations 1992,' "Manual Handling" is the transporting or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force. "Load" in this aspect can be an inanimate object, person or animal. The act of moving and handling often involves the use of specialist equipment. To avoid injuries whilst promoting independence and quality of life you need this. Some examples of moving and handling are- Helping a client to get in and out of bed Helping a client to use the toilet Helping with bathing, showering and bed baths Supporting clients to stand, walk or sit down Supporting clients to get up from the floor after a fall Supporting when getting into and out of a vehicle What are Illegal Moving and Handling Techniques? There is no such term as "illegal moving and handling techniques" that have been specifically banned by the UK legislation. However, there are unsafe lifting practices that are highly controversial and have been banned in most care environments. These techniques are mostly referred as "Controversial lifts" or "Controversial manual handling techniques" rather than illegal moving and handling techniques. 8 Examples of Illegal Moving and Handling Techniques in Health and Social Care: A list of controversial techniques (lifts) has been provided below that can be categorised as illegal moving and handling techniques. Australian Lift An Australian lift is an unsafe move. This lift is commonly used on patients who need help sitting up in their beds. This is a type of shoulder lift that involves two carers, one on each side of the client, who place their shoulders under the patient's armpit to lift them. The idea behind the Australian lift manual handling technique was to balance the patient's weight between two other people. However, this technique is neither safe for the patients nor the carers. Patients should be lifted using a hoist, sliding aid, or other specialised equipment and not by carers' hands or shoulders. Drag Lift The Drag lift manual handling is used to lift someone from the bed. It also involves, providing support to a standing position or to lift off the floor. This is performed by lifting or supporting a patient under the armpit by use of the carer's crook of the elbow. The use of drag lifting is strenuous on the patient's shoulders. It further transfers strain to the carer's back and can create shear forces damaging the skin. Additionally, the drag lift in care might encourage the patient to be passive since the carer does most of the heavy lifting. This can create a risk for both the carer and the patient. Orthodox Lift The orthodox lift involves two carers standing on either side of a patient and forming a cradle with their hands, arms and wrists in order to lift a patient. This lift possesses an immediate risk, and the position puts immense strain on the carer's lumbar region. Bear Hug Lift The bear hug lift is often used to pull out a patient from a wheelchair to a secondary position. The hug involves leaning forward, squatting down marginally, reaching forward around and under the arms of the patient and lifting them up from the chair. Again, this is an unsafe technique as it also puts strain on the caregiver when specialised equipment can easily be used to perform the same task. You can watch the following video to understand the procedure of Australian, Drag, Orthodox and Bear Hug Lift. Combined Lift In this type of lift, one carer uses a shoulder lift and the other faces the opposite side placing an inner hand under the person's sacrum. Both carers hold a handling sling that is placed under the person's thighs. This lift is highly risky and has the same danger as the drag lift. Through Arm Lift This technique is used to lift a person from a bed to a wheelchair, where two carers face the bottom of the bed sitting behind the patient. The carers put arms behind the patient's back and under the knees to lift. This lifting is operated at a distance from the carer's spine, putting pressure on the spine and there is a risk of injury to the carers' shoulders. Neck Hold Neck hold involves patients' arms around the carer's neck. This relies on the momentum of the carer to get the patient to a standing position. This is yet another risky technique. Flip Turn on Bed In this technique, you or one other carer place both hands under the patient and you move the person close to your body and then roll away in one movement. This is hazardous because the load is taken at a distance from the carer's body. Get fully accredited thousands of high quality online courses taught by the world's leading experts suitable to companies of all sizes. Why are Right Moving and Handling Techniques so Important? Now that you have become familiar with the illegal moving and handling techniques, know that unsafe handling techniques can cause injuries in large proportion. On the other hand, safe moving and handling protect you from the pain caused due to the damage to muscles, tendons and bones. Any unsafe moving and handling can lead to short-term and long-term injuries. Short-term injuries might include cuts, sprains, bruises and small fractures, whereas long-term injuries mostly damage the musculoskeletal system of the body. Safe moving and handling techniques in care focus on how you are lifting a patient, whether you are close to the patient, how is your posture while lifting and so on. Thus, the proper manual handling techniques are vital because they can significantly reduce the risk of injury. Analyze data quickly and easily with powerful PHP library! All datasets included where beginners welcome! Moving and Handling Legislation: The legislation regarding moving and handling focuses on reducing the risk through the use of risk assessments. This is particularly important in moving and handling since there remains the possibility of high-risk injury to both patients and carers. The following legislation may be relevant for assessing moving and handling risks: FAQs: What are the possible hazards associated with illegal moving and handling techniques? The key hazard associated with illegal moving and handling techniques is that it can cause a severe muscular-skeletal injury to the patient or the carer or both. Recovery from such an injury might take several months or even years. What are the benefits of undertaking moving and handling training? Appropriate moving and handling training ensures the safety of both patients and handlers. Attending training sessions would also benefit the staff and the healthcare to witness fewer accidents and avoid injuries. In addition, the patients can enjoy the quality of care and get encouragement in becoming more independent with their mobility. Is it a legal requirement to have at least two staff to operate a hoist? You do not necessarily need two staff to operate a hoist unless it is your organisation's manual handling policy. The UK workplace legislation does not make it a requirement to always operate a patient hoist with two members of staff. I need to move clients on a daily basis as a part of my job. Do I need to have moving and handling training? Under the "Health and Safety at Work etc Act 1974"
and the "Management of Health and Safety at Work Regulations, 2006," employers are required to provide their employees with health and safety information and training. People moving and handling has been defined in legislation as "hazardous" therefore, you should undergo moving and handling training to work safely and reduce hazards while moving clients. Conclusion Moving and handling patients in a care setting requires proper learning and practical training. Otherwise, lack of knowledge and training can lead to the application of illegal moving and handling techniques on patients. To avoid injuries and ensure the safety of both the patients and health workers, one should have an appropriate understanding of moving and handling techniques. Consider the Workplace First Aid course if you want to help anyone ill or injured in your workplace. This course would enable you to respond to any workplace first aid emergencies quickly. What to Read Next: A comprehensive guide about manual handling and how it can be applied to the organization Manual handling is an activity of transporting or supporting a load including lifting, pushing, pulling, carrying, throwing, and moving objects by hand or bodily force. It is a common practice in different industries such as manufacturing, construction, agriculture, and more. However, the Health and Safety Executive (HSE) has reported that the cause of over a third of all workplace injuries along with work-related musculoskeletal disorders (MSDs) and repetitive strain injuries are due to manual handling. Being unable to safely do it can lead to serious implications for employers and employees may suffer from injuries. Heavy manual labor, repetitive movements of arms and legs, and awkward postures can increase the risks of manual handling work-related injuries. The four key areas of manual handling: Task; Individual; Load; and Environment. Often referred to as the acronym TILE, it can help assessors identify the risks associated with manual tasks. Task, Individual, Load, Environment | SafetyCulture Task: The manual handling activity This key area focuses on the tasks to be performed by an employee. It involves the processes and steps needed to perform an activity including appropriate employee movements such as pushing, pulling, lifting, carrying objects, as well as stooping down or twisting at the waist at any point of the process. It helps assess the needs of employees including adequate opportunity to rest and recover. Individual: The person involved and their capabilities This area focuses on each employee's capabilities to carry out the task. It is important to assess individual attributes such as age, preexisting health conditions or prior injuries, acquired training, level of strength, height, and flexibility. Load: The object being moved or transported Load assessment does not rely only on its weight but also on other factors as well including size, shape, and surfaces. These factors can affect balance, object grasp, and handler's view that could make it difficult, even dangerous, to move or transport. Environment: The area of manual handling activity It is vital to check the area of activity, especially in restricted spaces. An area with an uneven floor can cause trips that may lead to accidents, near misses, or worse, fatalities. Other environmental factors such as poor ventilation and weather conditions can also affect the performance of employees performing manual handling. 5 Principles of Manual Handling All employees are required by the Manual Handling Operations Regulations to prevent, assess, and reduce the risk of injury from manual handling. Proper implementation of manual handling can help the organization to: reduce the risk of injury from hazardous manual handling; assess manual handling risks and implement control measures according to the hierarchy of controls for operations that cannot be avoided; and prevent hazardous manual handling and limit employee movements considering TILE. According to the Health and Safety at Work summary statistics in 2019/20, there are 480,000 new or longstanding workers who suffer from work-related MSDs in Great Britain alone. The estimated main cause of this injury is due to manual handling, awkward or tiring positions, and keyboard work or repetitive action. Here are the 5 principles of manual handling that can be maximized to achieve safer lifting practices in the workplace. Place – Before lifting or transporting an object, ensure to follow TILE in assessing the area. It would help assess if manual handling would involve strenuous activity and long distances for employees to strategize where to rest and recover. Position – Ensure to load the object evenly and use handles to maximize the power of an employee. Establish a good posture with feet about shoulder-width apart and move the center of the body as close as possible to the center before lowering to lift the object. Pick – Whenever possible always use two hands when lifting an object and ensure to keep the load and the person's torso aligned and neutral before moving. Keeping a heavy load on the "power zone," an area in the body that is horizontally between shoulders and vertically between the middle of thighs and center of the chest, helps ensure that the limbs and trunk are not forced into awkward postures to avoid the likelihood of injuries. Proceed – Moving from one place to another should be performed with caution. Employees should ensure that there is a clear view of the travel path and it is unobstructed to avoid tripping while performing manual handling. Place – Do not just drop the load immediately but instead put it down slowly, steadily, and smoothly when reaching the destination to protect employees from unnecessary strain and injury. If possible, locate the area of destination in a convenient place to help manual handlers to maintain their pace. 10 Tips to Avoid Hazards Repetitive tasks and bad lifting habits are the usual causes of back pain that may trigger MSDs in the long run. In order to prevent this, here are some useful tips organizations can follow to avoid hazards while performing manual handling. Provide manual handling training and manual handling toolbox talks Enforce the 10 ergonomic principles to help reduce injuries and improve productivity Provide the travel route unobstructed Provide manual handling details to the workers and talk over the risk factors Analyze injury records to pinpoint recurring problems Perform manual handling risk assessments Equip employees with mechanical aids for heavy loads Assign appropriate people according to individual categories to carry out the task Nominate a point person to coordinate collective action when employees are lifting as a team Keep organizational policies up-to-date Manual Handling Training Enforcing manual handling training is vital to ensure the safety of employees. Having a core understanding of policies, procedures, proper lifting technique, and other principles are necessary to avoid incidents. It is a mutual responsibility for employers and employees to put sensible health and safety measures in place while performing manual handling. Manual handling training | SafetyCulture Providing manual handling training would let employees learn the basic principles of manual handling techniques and how to properly implement them. It aids in awareness to reduce risks in the workplace and plays an important role to ensure employees can carry out safe manual handling during operations. It is important to keep the training relevant to the type of work to be carried out. Here are some factors employees should consider when performing manual handling. For long-distance lift, plan to rest the load midway and prepare to recover. Change grip if necessary Keep the load on the power zone Alternate posture as well as movements Limit the extent of forwarding and sideways reaches Avoid carrying out load above the shoulder level Refrain from transporting loads with one hand Do not carry or lift an object more than individual capacity Always look ahead once the load has been held securely Find time to rest and recover Do not overreach on items that are placed on higher shelves. It is recommended to use equipment aids Ask for help if needed Do not use equipment if not properly trained Do not ignore any signs of pain or discomfort, it should be reported immediately If possible, perform the pushing method rather than the pulling method Perform body stretches to cool down after heavy work Change work routine among team members to avoid excessive work rates Maximize heavy lifting lessons Deliver manual handling training to your teams Prioritize every worker's health and help keep them safe by making sure they take and complete their manual handling training. Some examples of manual handling tasks include packaging or lifting boxes, operating hand tools or other machinery, assembling products, pulling or pushing trolleys, and cleaning. If your employees are engaged in these types of activities, they are highly vulnerable to musculoskeletal injuries and other related disorders. As an employer, you have a responsibility to ensure that your business' manual handling operations are carried out correctly so that workplace injuries and accidents are minimized. Additionally, with manual handling training, you can increase your employees' awareness, improve their performance, and reduce absences due to injuries. We've created a list of manual handling training courses that cover a range of subjects such as storing and handling chemicals, equipment, machinery, and power tools. All these courses can help prevent or eliminate serious health and safety risks in the workplace and increase workplace productivity. Cultivate a safe working environment and streamline compliance with our EHS solutions. How Can SafetyCulture Help with Manual Handling Manual handling is not as simple as lifting objects, it should be performed with proper
knowledge on handling techniques to avoid body strain. Conducting training and proper assessment to mitigate manual handling risks are just the beginning. With SafetyCulture (formerly Auditor), an inspection, issue capture, and corrective action platform, employers can help their organizations keep a safe and healthy environment for their employees. Take advantage of its best features: use manual handling risk assessment templates anytime, anywhere, and on a mobile device even without an internet connection; take photos of manual handling risk factors and annotate images for improved visual reference; generate risk assessment reports that are securely saved in the cloud that can be shared with key personnel with a tap of a finger from wherever you are; train employees on the proper way to carry, lift, and move items; and manage your assets and inventories, all in one place. To save you time, we have created a ready-to-use manual handling risk assessment template you can download for free and it is fully customizable according to your business needs, or you can check out our Public Library of free checklist templates that can be used by any employee in almost all industries. You also have an option to convert your existing PDF, Word Document, Excel, or PowerPoint files into SafetyCulture checklists for free up to 3 files. Discover everything you need to know about the UK Building Safety Act, including new safety regulations, dutyholder roles, and resident protections. Explore this guide to Active Hazard Analysis (AHA): from real-time risk detection to predictive safety tools, to significantly improve your safety strategy today. Learn the essentials of building safety and how to create a compliant, strategic safety program for your organization. Illegal or unsafe moving and handling of patients without using proper techniques or equipment can cause musculoskeletal injuries like back injury and chronic back pain. That is why it is essential for health and social care professionals to be aware of unsafe moving and handling practices, otherwise known as "unsafe manual handling techniques." Reading this blog, you can learn about illegal moving and handling techniques, how unsafe lifting practices can be injurious and why the right techniques are important for handling patients. If you have a passion for working as a health and social care professional, enrol in the Health and Social Care Level 3 course. The course acquaints you with the principles, codes of conduct and legislations of health and social care, preparing you as a potential candidate in the respective field. What is Moving and Handling in Health and Social Care? 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Analyze data quickly and easily with powerful PHP library! All datasets included where beginners welcome! Moving and Handling Legislation: The legislation regarding moving and handling focuses on reducing the risk through the use of risk assessments. This is particularly important in moving and handling since there remains the possibility of high-risk injury to both patients and carers. The following legislation may be relevant for assessing moving and handling risks: FAQs: What are the possible hazards associated with illegal moving and handling techniques? The key hazard associated with illegal moving and handling techniques is that it can cause a severe muscular-skeletal injury to the patient or the carer or both. Recovery from such an injury might take several months or even years. What are the benefits of undertaking moving and handling training? Appropriate moving and handling training ensures the safety of both patients and handlers. 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Load: The object being moved or transported Load assessment does not rely only on its weight but also on other factors as well including size, shape, and surfaces. These factors can affect balance, object grasp, and handler's view that could make it difficult, even dangerous, to move or transport. Environment: The area of manual handling activity It is vital to check the area of activity, especially in restricted spaces. An area with an uneven floor can cause trips that may lead to accidents, near misses, or worse, fatalities. Other environmental factors such as poor ventilation and weather conditions can also affect the performance of employees performing manual handling. 5 Principles of Manual Handling All employees are required by the Manual Handling Operations Regulations to prevent, assess, and reduce the risk of injury from manual handling. 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It is recommended to use equipment aids Ask for help if needed Do not use equipment if not properly trained Do not ignore any signs of pain or discomfort, it should be reported immediately If possible, perform the pushing method rather than the pulling method Perform body stretches to cool down after heavy work Change work routine among team members to avoid excessive work rates Maximize heavy lifting lessons Deliver manual handling training to your teams Prioritize every worker's health and help keep them safe by making sure they take and complete their manual handling training. Some examples of manual handling tasks include packaging or lifting boxes, operating hand tools or other machinery, assembling products, pulling or pushing trolleys, and cleaning. If your employees are engaged in these types of activities, they are highly vulnerable to musculoskeletal injuries and other related disorders. As an employer, you have a responsibility to ensure that your business' manual handling operations are carried out correctly so that workplace injuries and accidents are minimized. Additionally, with manual handling training, you can increase your employees' awareness, improve their performance, and reduce absences due to injuries. We've created a list of manual handling training courses that cover a range of subjects such as storing and handling chemicals, equipment, machinery, and power tools. All these courses can help prevent or eliminate serious health and safety risks in the workplace and increase workplace productivity. Cultivate a safe working environment and streamline compliance with our EHS solutions. How Can SafetyCulture Help with
Manual Handling Manual handling is not as simple as lifting objects, it should be performed with proper knowledge on handling techniques to avoid body strain. Conducting training and proper assessment to mitigate manual handling risks are just the beginning. With SafetyCulture (formerly Auditor), an inspection, issue capture, and corrective action platform, employers can help their organizations keep a safe and healthy environment for their employees. Take advantage of its best features: use manual handling risk assessment templates anytime, anywhere, and on a mobile device even without an internet connection; take photos of manual handling risk factors and annotate images for improved visual reference; generate risk assessment reports that are securely saved in the cloud that can be shared with key personnel with a tap of a finger from wherever you are; train employees on the proper way to carry, lift, and move items; and manage your assets and inventories, all in one place. To save you time, we have created a ready-to-use manual handling risk assessment template you can download for free and it is fully customizable according to your business needs, or you can check out our Public Library of free checklist templates that can be used by any employee in almost all industries. You also have an option to convert your existing PDF, Word Document, Excel, or PowerPoint files into SafetyCulture checklists for free up to 3 files. Discover everything you need to know about the UK Building Safety Act, including new safety regulations, dutyholder roles, and resident protections. Explore this guide to Active Hazard Analysis (AHA): from real-time risk detection to predictive safety tools, to significantly improve your safety strategy today. Learn the essentials of building safety and how to create a compliant, strategic safety program for your organization. Illegal or unsafe moving and handling of patients without using proper techniques or equipment can cause musculoskeletal injuries like back injury and chronic back pain. That is why it is essential for health and social care professionals to be aware of unsafe moving and handling practices, otherwise known as "unsafe manual handling techniques." Reading this blog, you can learn about illegal moving and handling techniques, how unsafe lifting practices can be injurious and why the right techniques are important for handling patients. If you have a passion for working as a health and social care professional, enrol in the Health and Social Care Level 3 course. The course acquaints you with the principles, codes of conduct and legislations of health and social care, preparing you as a potential candidate in the respective field. What is Moving and Handling in Health and Social Care? Moving and handling in health and social care refers to the moving and handling of people, which was previously termed as "manual handling" techniques for carers. Further, according to 'The Manual Handling Operations Regulations 1992,' "Manual Handling" is the transporting or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force. "Load" in this aspect can be an inanimate object, person or animal. The act of moving and handling often involves the use of specialist equipment. To avoid injuries whilst promoting independence and quality of life you need this. Some examples of moving and handling are- Helping a client to get in and out of bed Helping a client to use the toilet Helping with bathing, showering and bed baths Supporting clients to stand, walk or sit down Supporting clients to get up from the floor after a fall Supporting when getting into and out of a vehicle What are Illegal Moving and Handling Techniques? There is no such term as "illegal moving and handling techniques" that have been specifically banned by the UK legislation. However, there are unsafe lifting practices that are highly controversial and have been banned in most care environments. These techniques are mostly referred as "Controversial lifts" or "Controversial manual handling techniques" rather than illegal moving and handling techniques. 8 Examples of Illegal Moving and Handling Techniques in Health and Social Care: A list of controversial techniques (lifts) has been provided below that can be categorised as illegal moving and handling techniques. Australian Lift An Australian lift is an unsafe move. This lift is commonly used on patients who need help sitting up in their beds. This is a type of shoulder lift that involves two carers, one on each side of the client, who place their shoulders under the patient's armpit to lift them. The idea behind the Australian lift manual handling technique was to balance the patient's weight between two other people. However, this technique is neither safe for the patients nor the carers. Patients should be lifted using a hoist, sliding aid, or other specialised equipment and not by carers' hands or shoulders. Drag Lift The Drag lift manual handling is used to lift someone from the bed. It also involves, providing support to a standing position or to lift off the floor. This is performed by lifting or supporting a patient under the armpit by use of the carer's crook of the elbow. The use of drag lifting is strenuous on the patient's shoulders. It further transfers strain to the carer's back and can create shear forces damaging the skin. Additionally, the drag lift in care might encourage the patient to be passive since the carer does most of the heavy lifting. This can create a risk for both the carer and the patient. Orthodox Lift The orthodox lift involves two carers standing on either side of a patient and forming a cradle with their hands, arms and wrist in order to lift a patient. This lift possesses an immediate risk, and the position puts immense strain on the carer's lumbar region. Bear Hug Lift The bear hug lift is often used to pull out a patient from a wheelchair to a secondary position. The hug involves leaning forward, squatting down marginally, reaching forward around and under the arms of the patient and lifting them up from the chair. Again, this is an unsafe technique as it also puts strain on the caregiver when specialised equipment can easily be used to perform the same task. You can watch the following video to understand the procedure of Australian, Drag, Orthodox and Bear Hug Lift. Combined Lift In this type of lift, one carer uses a shoulder lift and the other faces the opposite side placing an inner hand under the person's sacrum. Both carers hold a handling sling that is placed under the person's thighs. This lift is highly risky and has the same danger as the drag lift. Through Arm Lift This technique is used to lift a person from a bed to a wheelchair, where two carers face the bottom of the bed sitting behind the patient. The carers put arms behind the patient's back and under the knees to lift. This lifting is operated at a distance from the carers' spine, putting pressure on the spine and there is a risk of injury to the carers' shoulders. Neck Hold Neck hold involves patients' arms around the carer's neck. This relies on the momentum of the carer to get the patient to a standing position. This is yet another risky technique. Flip Turn on Bed In this technique, you or one other carer place both hands under the patient and you move the person close to your body and then roll away in one movement. This is hazardous because the load is taken at a distance from the carer's body. Get fully accredited thousands of high quality online courses taught by the world's leading experts suitable to companies of all sizes. Why are Right Moving and Handling Techniques so Important? Now that you have become familiar with the illegal moving and handling techniques, know that unsafe handling techniques can cause injuries in large proportion. On the other hand, safe moving and handling protect you from the pain caused due to the damage to muscles, tendons and bones. Any unsafe moving and handling can lead to short-term and long-term injuries. Short-term injuries might include cuts, sprains, bruises and small fractures, whereas long-term injuries mostly damage the musculoskeletal system of the body. Safe moving and handling techniques in care focus on how you are lifting a patient, whether you are close to the patient, how is your posture while lifting and so on. Thus, the proper manual handling techniques are vital because they can significantly reduce the risk of injury. Analyze data quickly and easily with powerful PHP library! All datasets included where beginners welcome! Moving and Handling Legislation: The legislation regarding moving and handling focuses on reducing the risk through the use of risk assessments. This is particularly important in moving and handling since there remains the possibility of high-risk injury to both patients and carers. The following legislation may be relevant for assessing moving and handling risks: FAQs: What are the possible hazards associated with illegal moving and handling techniques? The key hazard associated with illegal moving and handling techniques is that it can cause a severe muscular-skeletal injury to the patient or the carer or both. Recovery from such an injury might take several months or even years. What are the benefits of undertaking moving and handling training? Appropriate moving and handling training ensures the safety of both patients and handlers. Attending training sessions would also benefit the staff and the healthcare to witness fewer accidents and avoid injuries. In addition, the patients can enjoy the quality of care and get encouragement in becoming more independent with their mobility. Is it a legal requirement to have at least two staff to operate a hoist? You do not necessarily need two staff to operate a hoist unless it is your organisation's manual handling policy. The UK workplace legislation does not make it a requirement to
always operate a patient hoist with two members of staff. I need to move clients on a daily basis as a part of my job. Do I need to have moving and handling training? Under the "Health and Safety at Work etc Act 1974" and the "Management of Health and Safety at Work Regulations, 2006," employers are required to provide their employees with health and safety information and training. People moving and handling has been defined in legislation as "hazardous" therefore, you should undergo moving and handling training to work safely and reduce hazards while moving clients. Conclusion Moving and handling patients in a care setting requires proper learning and practical training. Otherwise, lack of knowledge and training can lead to the application of illegal moving and handling techniques on patients. To avoid injuries and ensure the safety of both the patients and health workers, one should have an appropriate understanding of moving and handling techniques. Consider the Workplace First Aid course if you want to help anyone ill or injured in your workplace. This course would enable you to respond to any workplace first aid emergencies quickly. What to Read Next: A comprehensive guide about manual handling and how it can be applied to the organization Manual handling is an activity of transporting or supporting a load including lifting, pushing, pulling, carrying, throwing, and moving objects by hand or bodily force. It is a common practice in different industries such as manufacturing, construction, agriculture, and more. However, the Health and Safety Executive (HSE) has reported that the cause of over a third of all workplace injuries along with work-related musculoskeletal disorders (MSDs) and repetitive strain injuries are due to manual handling. Being unable to safely do it can lead to serious implications for employers and employees may suffer from injuries. Heavy manual labor, repetitive movements of arms and legs, and awkward postures can increase the risks of manual handling work-related injuries. The four key areas of manual handling: Task; Individual; Load; and Environment. Often referred to as the acronym TILE, it can help assessors identify the risks associated with manual tasks. Task, Individual, Load, Environment | SafetyCulture Task: The manual handling activity This key area focuses on the tasks to be performed by an employee. It involves the processes and steps needed to perform an activity including appropriate employee movements such as pushing, pulling, lifting, carrying objects, as well as stooping down or twisting at the waist at any point of the process. It helps assess the needs of employees including adequate opportunity to rest and recover. Individual: The person involved and their capabilities This area focuses on each employee's capabilities to carry out the task. It is important to assess individual attributes such as age, preexisting health conditions or prior injuries, acquired training, level of strength, height, and flexibility. Load: The object being moved or transported Load assessment does not rely only on its weight but also on other factors as well including size, shape, and surfaces. These factors can affect balance, object grasp, and handler's view that could make it difficult, even dangerous, to move or transport. Environment: The area of manual handling activity It is vital to check the area of activity, especially in restricted spaces. An area with an uneven floor can cause trips that may lead to accidents, near misses, or worse, fatalities. Other environmental factors such as poor ventilation and weather conditions can also affect the performance of employees performing manual handling. 5 Principles of Manual Handling All employees are required by the Manual Handling Operations Regulations to prevent, assess, and reduce the risk of injury from manual handling. Proper implementation of manual handling can help the organization to: reduce the risk of injury from hazardous manual handling; assess manual handling risks and implement control measures according to the hierarchy of controls for operations that cannot be avoided; and prevent hazardous manual handling and limit employee movements considering TILE. According to the Health and Safety at Work summary statistics in 2019/20, there are 480,000 new or longstanding workers who suffer from work-related MSDs in Great Britain alone. The estimated main cause of this injury is due to manual handling, awkward or tiring positions, and keyboard work or repetitive action. Here are the 5 principles of manual handling that can be maximized to achieve safer lifting practices in the workplace. Place – Before lifting or transporting an object, ensure to follow TILE in assessing the area. It would help assess if manual handling would involve strenuous activity and long distances for employees to strategize where to rest and recover. Position – Ensure to load the object evenly and use handles to maximize the power of an employee. Establish a good posture with feet about shoulder-width apart and move the center of the body as close as possible to the center before lowering to lift the object. Pick – Whenever possible always use two hands when lifting an object and ensure to keep the load and the person's torso aligned and neutral before moving. Keeping a heavy load on the "power zone," an area in the body that is horizontally between shoulders and vertically between the middle of thighs and center of the chest, helps ensure that the limbs and trunk are not forced into awkward postures to avoid the likelihood of injuries. Proceed – Moving from one place to another should be performed with caution. Employees should ensure that there is a clear view of the travel path and it is unobstructed to avoid tripping while performing manual handling. Place – Do not just drop the load immediately but instead put it down slowly, steadily, and smoothly when reaching the destination to protect employees from unnecessary strain and injury. If possible, locate the area of destination in a convenient place to help manual handlers to maintain their pace. 10 Tips to Avoid Hazards Repetitive tasks and bad lifting habits are the usual causes of back pain that may trigger MSDs in the long run. In order to prevent this, here are some useful tips organizations can follow to avoid hazards while performing manual handling. Provide manual handling training and manual handling toolbox talks Enforce the 10 ergonomic principles to help reduce injuries and improve productivity Provide the travel route unobstructed Provide manual handling details to the workers and talk over the risk factors Analyze injury records to pinpoint recurring problems Perform manual handling risk assessments Equip employees with mechanical aids for heavy loads Assign appropriate people according to individual categories to carry out the task Nominate a point person to coordinate collective action when employees are lifting as a team Keep organizational policies up-to-date Manual Handling Training Enforcing manual handling training is vital to ensure the safety of employees. Having a core understanding of policies, procedures, proper lifting technique, and other principles are necessary to avoid incidents. It is a mutual responsibility for employers and employees to put sensible health and safety measures in place while performing manual handling. Manual handling training | SafetyCulture Providing manual handling training would let employees learn the basic principles of manual handling techniques and how to properly implement them. It aids in awareness to reduce risks in the workplace and plays an important role to ensure employees can carry out safe manual handling during operations. It is important to keep the training relevant to the type of work to be carried out. Here are some factors employees should consider when performing manual handling. For long-distance lift, plan to rest the load midway and prepare to recover. Change grip if necessary Keep the load on the power zone Alternate posture as well as movements Limit the extent of forwarding and sideways reaches Avoid carrying out load above the shoulder level Refrain from transporting loads with one hand Do not carry or lift an object more than individual capacity Always look ahead once the load has been held securely Find time to rest and recover Do not overreach on items that are placed on higher shelves. It is recommended to use equipment aids Ask for help if needed Do not use equipment if not properly trained Do not ignore any signs of pain or discomfort, it should be reported immediately If possible, perform the pushing method rather than the pulling method Perform body stretches to cool down after heavy work Change work routine among team members to avoid excessive work rates Maximize heavy lifting lessons Deliver manual handling training to your teams Prioritize every worker's health and help keep them safe by making sure they take and complete their manual handling training. Some examples of manual handling tasks include packaging or lifting boxes, operating hand tools or other machinery, assembling products, pulling or pushing trolleys, and cleaning. If your employees are engaged in these types of activities, they are highly vulnerable to musculoskeletal injuries and other related disorders. As an employer, you have a responsibility to ensure that your business' manual handling operations are carried out correctly so that workplace injuries and accidents are minimized. Additionally, with manual handling training, you can increase your employees' awareness, improve their performance, and reduce absences due to injuries. We've created a list of manual handling training courses that cover a range of subjects such as storing and handling chemicals, equipment, machinery, and power tools. All these courses can help prevent or eliminate serious health and safety risks in the workplace and increase workplace productivity. Cultivate a
safe working environment and streamline compliance with our EHS solutions. How Can SafetyCulture Help with Manual Handling Manual handling is not as simple as lifting objects, it should be performed with proper knowledge on handling techniques to avoid body strain. Conducting training and proper assessment to mitigate manual handling risks are just the beginning. With SafetyCulture (formerly Auditor), an inspection, issue capture, and corrective action platform, employers can help their organizations keep a safe and healthy environment for their employees. Take advantage of its best features: use manual handling risk assessment templates anytime, anywhere, and on a mobile device even without an internet connection; take photos of manual handling risk factors and annotate images for improved visual reference; generate risk assessment reports that are securely saved in the cloud that can be shared with key personnel with a tap of a finger from wherever you are; train employees on the proper way to carry, lift, and move items; and manage your assets and inventories, all in one place. To save you time, we have created a ready-to-use manual handling risk assessment template you can download for free and it is fully customizable according to your business needs, or you can check out our Public Library of free checklist templates that can be used by any employee in almost all industries. You also have an option to convert your existing PDF, Word Document, Excel, or PowerPoint files into SafetyCulture checklists for free up to 3 files. Discover everything you need to know about the UK Building Safety Act, including new safety regulations, dutyholder roles, and resident protections. Explore this guide to Active Hazard Analysis (AHA): from real-time risk detection to predictive safety tools, to significantly improve your safety strategy today. Learn the essentials of building safety and how to create a compliant, strategic safety program for your organization. Illegal or unsafe moving and handling of patients without using proper techniques or equipment can cause musculoskeletal injuries like back injury and chronic back pain. That is why it is essential for health and social care professionals to be aware of unsafe moving and handling practices, otherwise known as "unsafe manual handling techniques." Reading this blog, you can learn about illegal moving and handling techniques, how unsafe lifting practices can be injurious and why the right techniques are important for handling patients. 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