



# Moving, Lifting and Handling People in a Clinical Setting



## Target Audience

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All Healthcare Professionals in a variety of settings whose job role involves them moving and repositioning people or supporting people to move or reposition themselves.

As stated by The Royal College of Nursing 'No-one should routinely manually lift patients' and 'Patient manual handling should only continue in cases which does not involve lifting most or all of a patients weight'.

This course will provide clinical teams with the knowledge required to work safely in the workplace, preparing them to take care of their back both in and out of the workplace, as well as the safety of their patients.

We will look at how to apply this knowledge and practical techniques across a range of clinical areas, including general wards, specialist wards, A&E and theatres.

In this course we will look at the equipment that should be available as a substitute for manual lifting and practical techniques that can be safely used to support the moving and repositioning of patients.

The course comprises of both theory, demonstration and participation of practical techniques.

**This course is delivered using a range of methods and resources including:**

- ◆ Face to Face tutor facilitation, scenarios for group discussion, practical application of knowledge, and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ Royal College of Nursing – Moving and Handling
- ◆ Health and Safety at Work Act 1974
- ◆ Manual Handling Operations Regulations 1992
- ◆ Lifting Operations and Lifting Equipment Regulations 1998

## Course Content

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- ◆ Legislation in relation to moving and positioning
- ◆ Understanding the human right to refuse
- ◆ Develop knowledge around decision making
- ◆ Understanding the concept of dependence, promoting independence and applying this to the clinical setting
- ◆ The risk assessment process TILEO/LITE and patient plans
- ◆ Health, posture, spinal anatomy, physiology and common injuries
- ◆ Warnings against unsafe and controversial techniques
- ◆ Improved techniques and principles
- ◆ Practical demonstration and practice to include:
  - Body weight and counterbalance principles
  - Hand positions front and back
  - Sit to stand
  - Bed mobility
  - Repositioning a patient with one weak side
  - Turning and repositioning
  - Slide sheet use
  - Hoist and sling use
  - Assisting a fallen patient
  - Additional equipment that may be available in a clinical setting: Turn tables, Sara Steady, Hoverjack

## Learning Outcomes

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After attending this course, learners will be able to:

- ◆ Give a brief description of anatomy and physiology in relation to moving and positioning people
- ◆ State legislation and agreed ways of working to be taken into consideration when moving and positioning people
- ◆ State how to minimise risk before moving and handling people
- ◆ Describe how to prepare people before any moving and repositioning
- ◆ Demonstrate a range of safe techniques

**Duration: 3 or 6 hour sessions available**