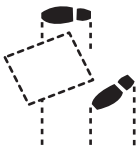


# MANUAL HANDLING

## PROTECTING YOUR BACK



You are responsible for using approved manual handling techniques while working in the healthcare industry.

These include:

- Knee / Shoulder push roll to turn a patient in bed ( rather than pulling patient towards you).
- Slide sheets for moving a patient up the bed or turning a patient in bed.
- Patient transfer boards for bed / trolley transfers.
- Walking frames to assist with standing and walking.
- Standing hoists for standing partial weight bearing patients.
- Hoists for transferring non - weight bearing patients between bed and chair / commode / wheelchair or from the floor.

Ask permanent staff if you are unfamiliar with any of the above listed approved techniques, or unfamiliar with the location or use of ward manual handling equipment.

Some facilities use a Patient Handling Risk Assessment chart. When these are in place, they must be followed.

**Prohibited** manual handling techniques usually include:

- Pulling or lifting patients under the arm(s).
- Lifting a patient's whole body weight for any transfer.
- Holding a patient under the arm to remove their pants.
- Pulling a patient forward under the arm.
- Lifting a patient's buttocks to place a bed pan.
- Manually lifting a patient off the floor.
- Pivot standing transfers involving pulling under the patient's arm.
- Pulling under a patient's arm over the back of an armchair to sit a patient up in a chair.
- Allowing patients to place their arms around or across your back, shoulder or neck.

**SAFE HANDLING  
PROTECTS BACKS.**

