


General Principles

Module 1



Learning outcomes

By the end of this training you will be able to:

- Know basic legislation and definitions
 - Recognise how injuries are caused and which parts of the body are affected by injuries
 - Know the importance of using the semi squat lift and how to adapt it
 - Know the importance of increased postural awareness in order to reduce injuries
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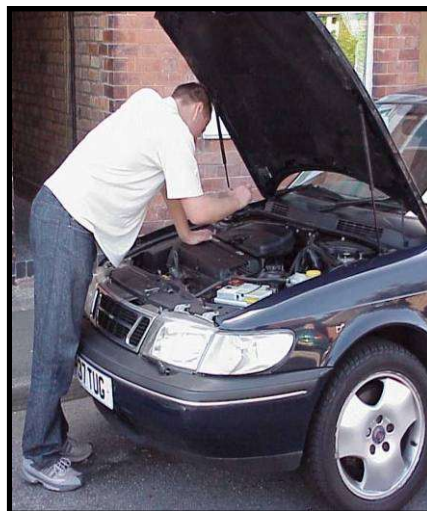
What is Manual Handling:

The transportation or supporting of a load (including lifting, putting down, pushing, pulling, carrying or moving) by hand or by bodily force

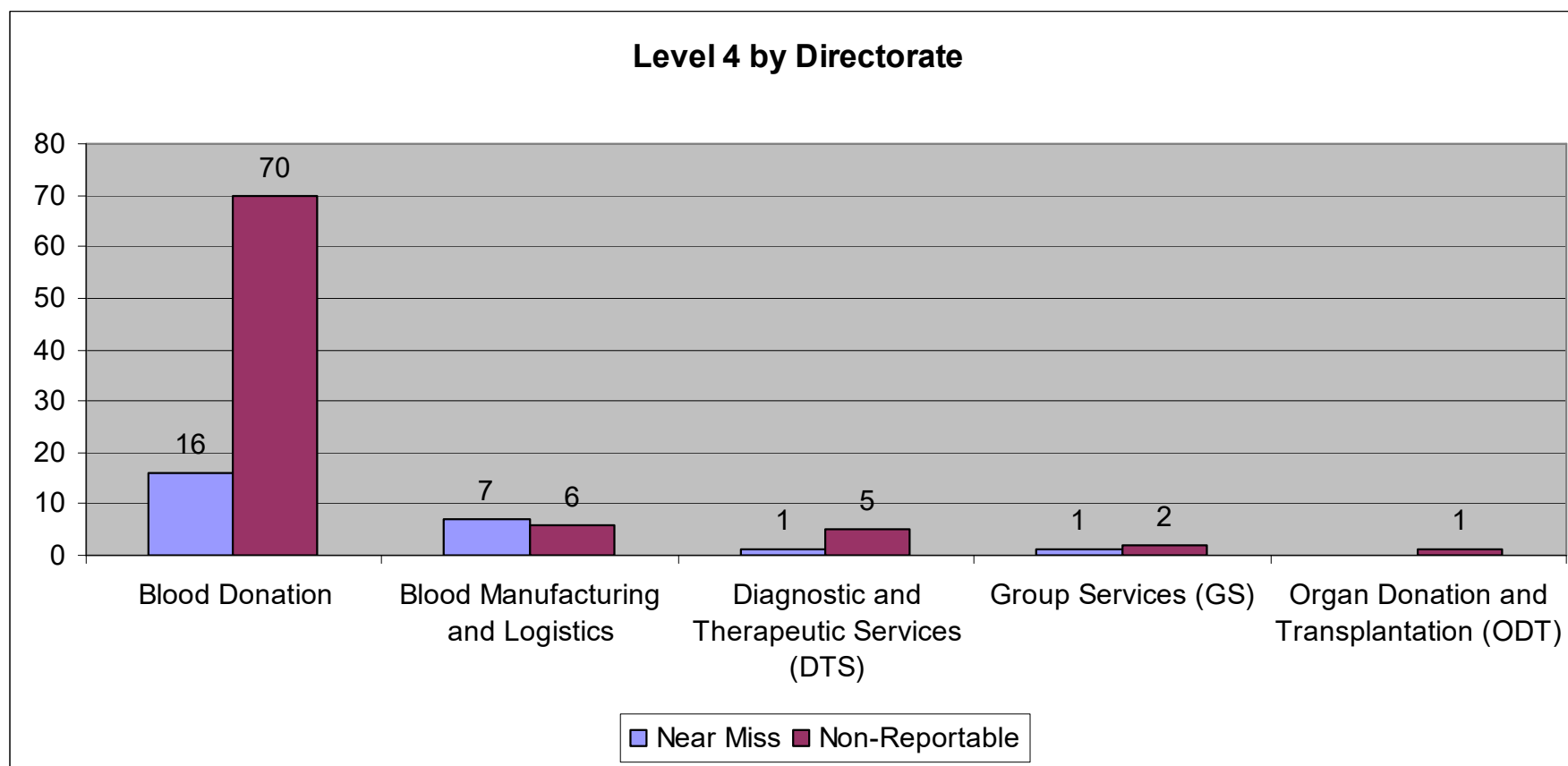
The term 'load' includes objects, people and animals.

*Manual Handling Operations Regulations
1992 (as amended)*

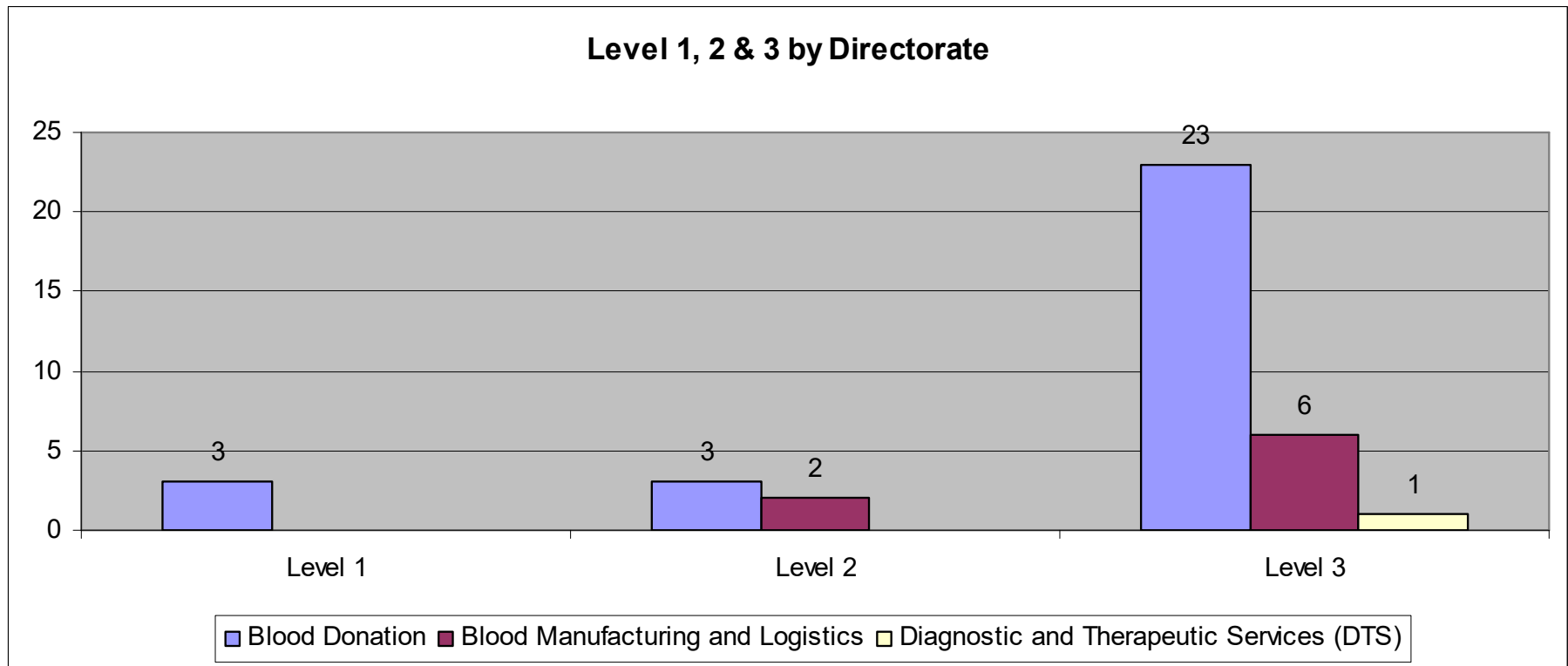




Manual Handling



Manual Handling



Manual Handling Operations Regulations 1992

- Carry out general risk assessment (MH&SW Regs)
- *Avoid significant* risks if possible
- Consider mechanical or automated process
- If task cannot be avoided or automated carry out risk assessment in accordance with the MHOR
- Record findings and produce SSW
- Provide training to employees



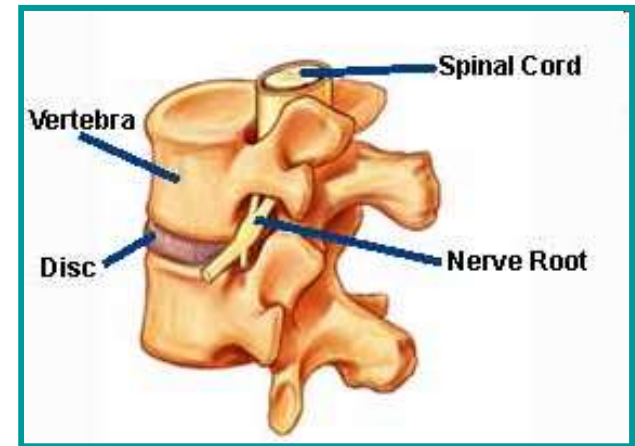
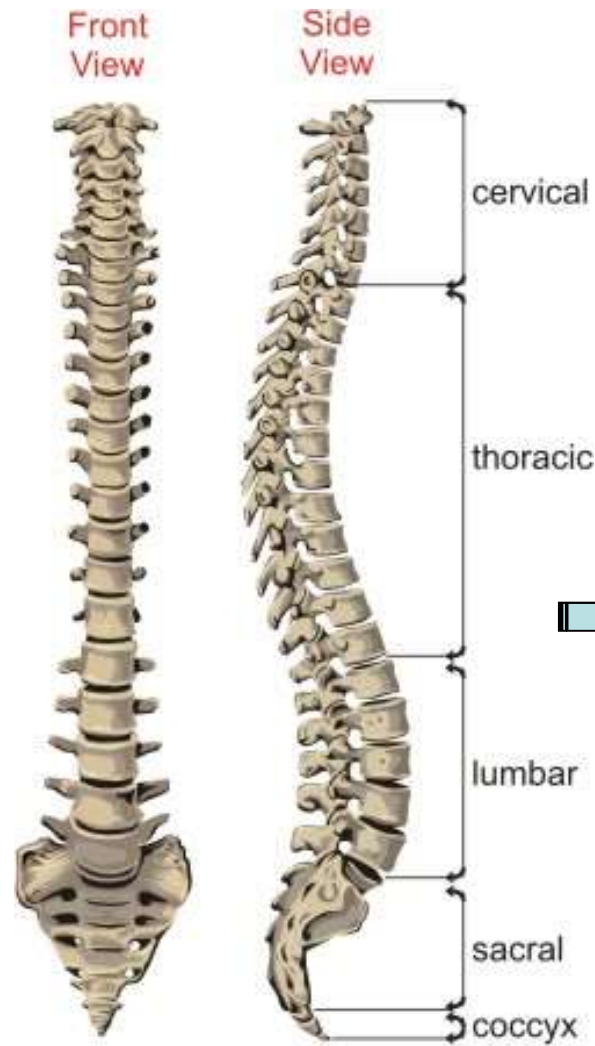
MHOR 1992 Duties of the Employees

Employees are legally required to:

- Take reasonable care of their own health and safety and that of their colleagues and clients
- Use available work and safety equipment, in accordance with the training and instruction provided
- Follow appropriate systems of work laid down by the employer in their manual handling policy
- Use proper channels to inform management of possible hazards or shortcomings in manual handling activities.



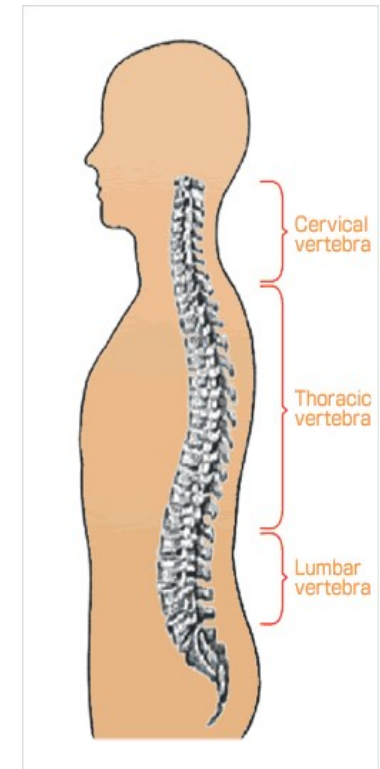
The Spine



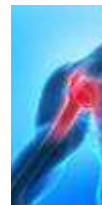
Parts of the Spine
Healthhype.com

Spine

- Load evenly distributed
- Reduces compression on the spine
- Neutral position
- Muscles balanced
- Reduces tension on tissues
- Face direction of travel (no twisting).



Anatomy and Biomechanics



Causes of Back Pain



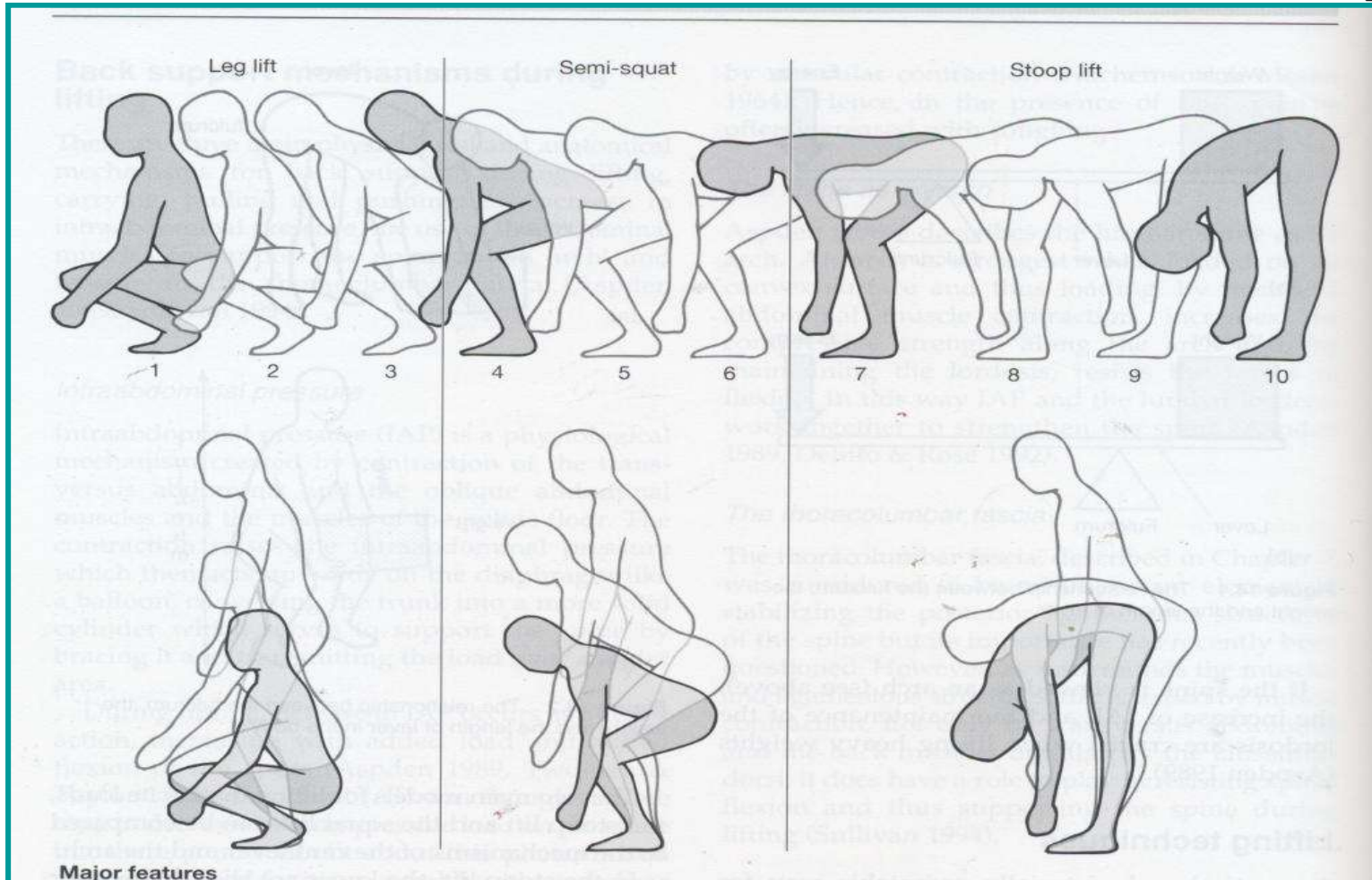
Biomechanics Demonstration



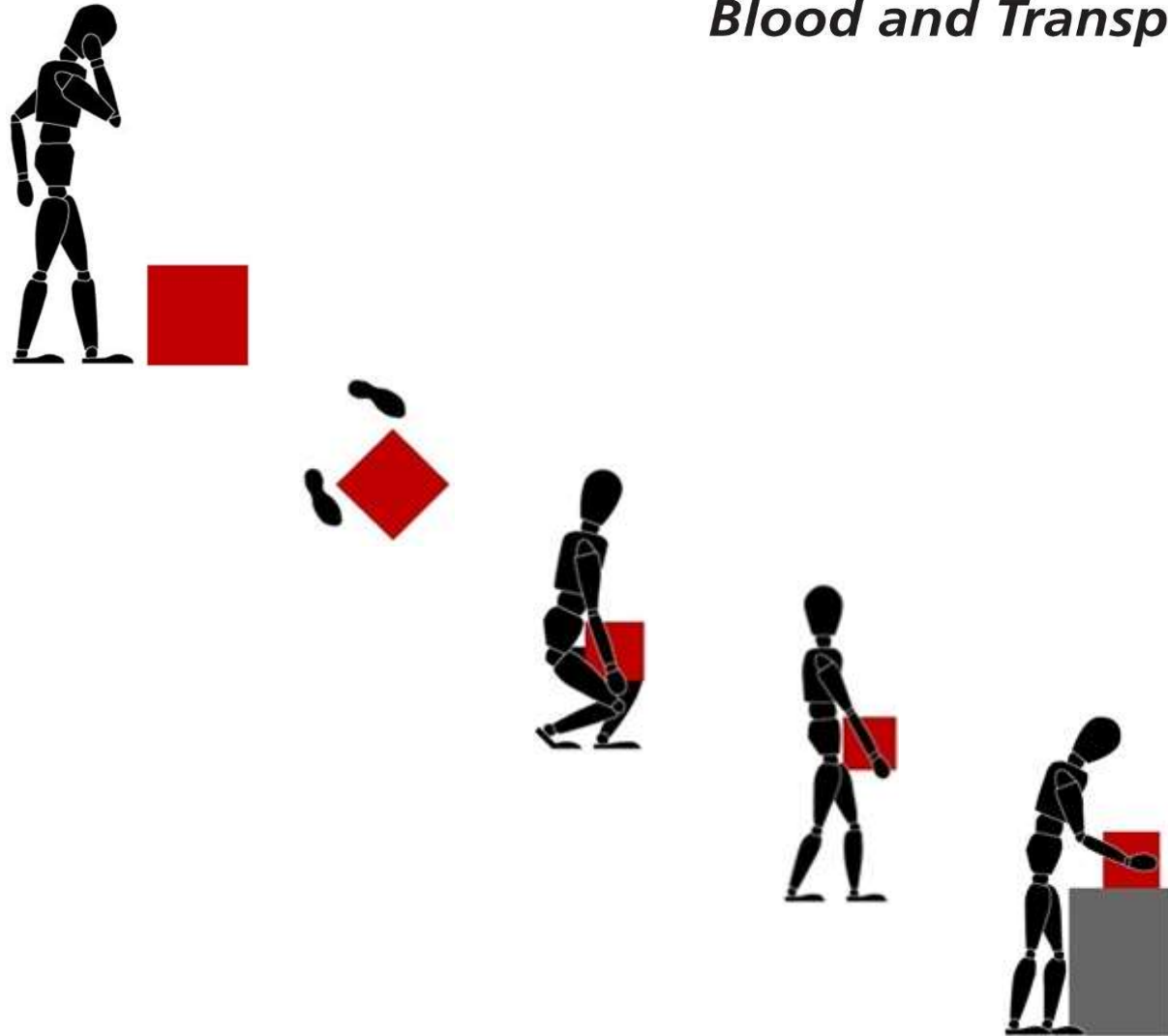
Childs play



What lift is best?



- **Assess**
- **Feet**
- **Knees**
- **Hips**
- **Back**
- **Head and neck**
- **Grip**
- **Load close**
- **Put down**

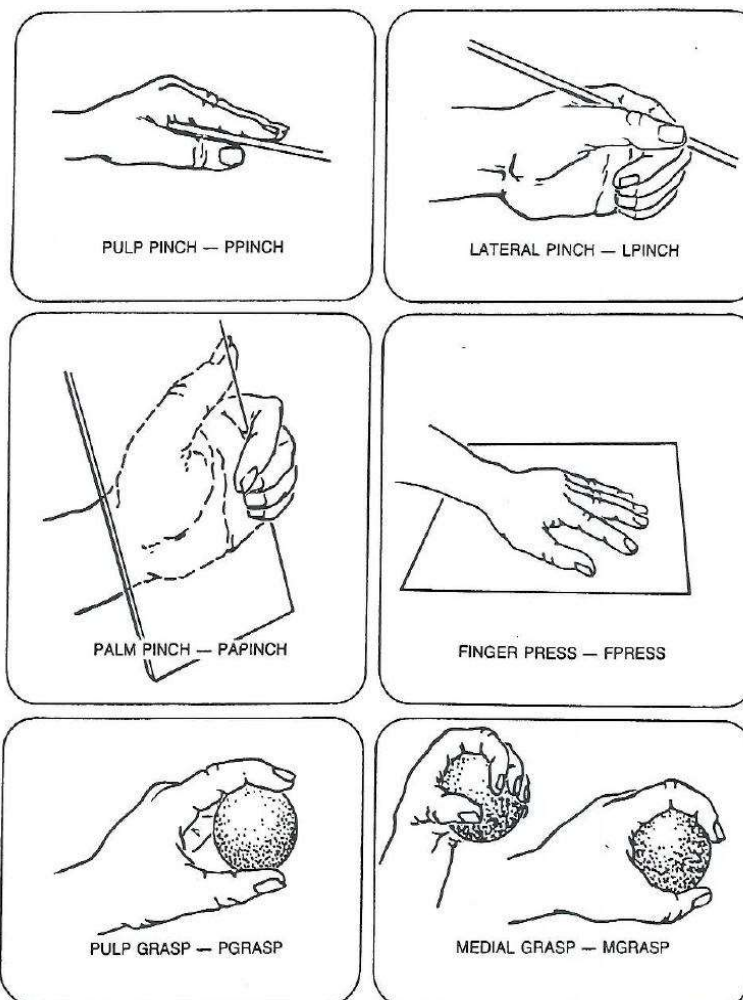


Understanding Postures

Finger / thumb
pinch grip

Palm grip

Grasp grip



Sitting/Standing

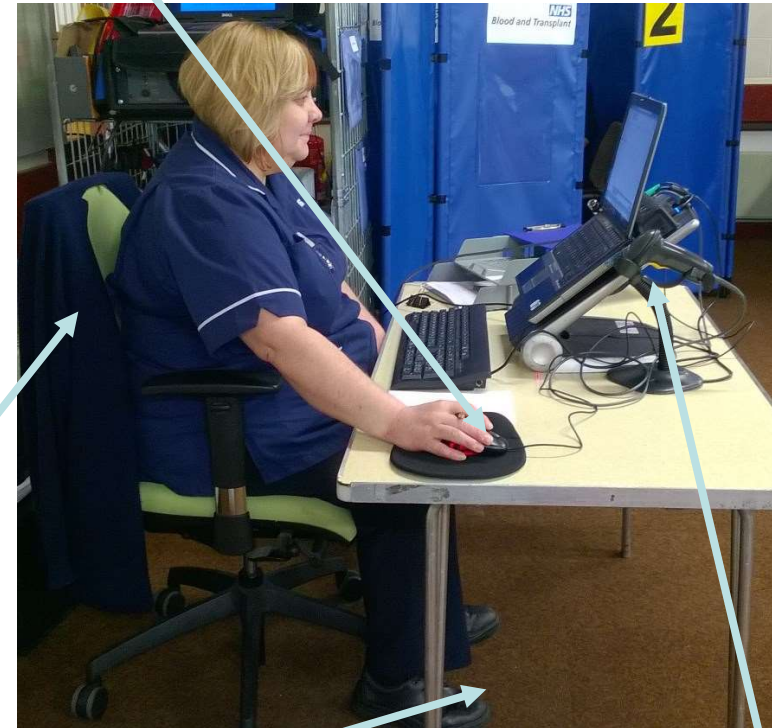
- Any sustained posture over time is fatiguing
- Generally sitting is generally less fatiguing
- Unsupported sitting positions encourage poor posture and should be avoided
- Standing should be alternated with sitting whenever possible



Use separate
keyboard and mouse

Healthy Sitting

- Maintain an “S” shaped spine
- Wherever possible ensure that your back is supported
- Feet flat on the floor
- Avoid Twisting
- Stand up and Stretch where possible
- Do not remain in a ‘static’ sitting position for a long period of time
- Adopt good posture whilst carrying out driving tasks



Adjust your chair back so that your back is supported

Adjust your chair height so that your feet are flat on floor

Screen at eye level with correct use of riser

Healthy Standing

- Maintain an “S” shaped spine
- Avoid working in a stooped posture
- Avoid repeatedly bending and twisting



Good



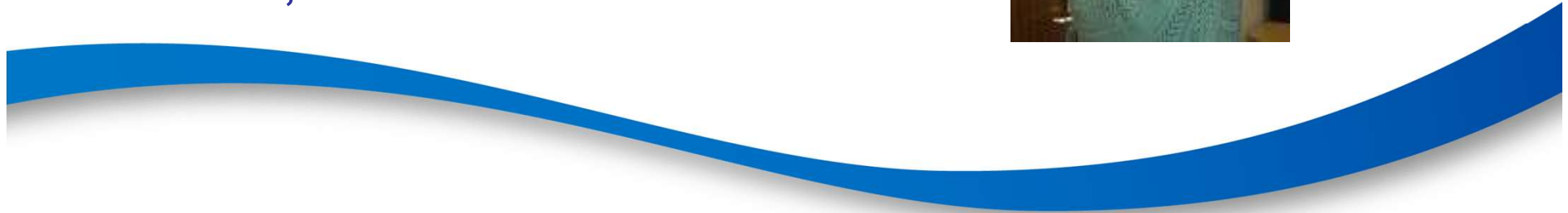
Bad

Simple Exercises

Upper and Lower Back



Wrists, Hands and Arms



Simple Exercises

Upper and Lower Back



Shoulder Stretch

Manual Handling Yearly Observation



Blood and Transplant

Name

Team

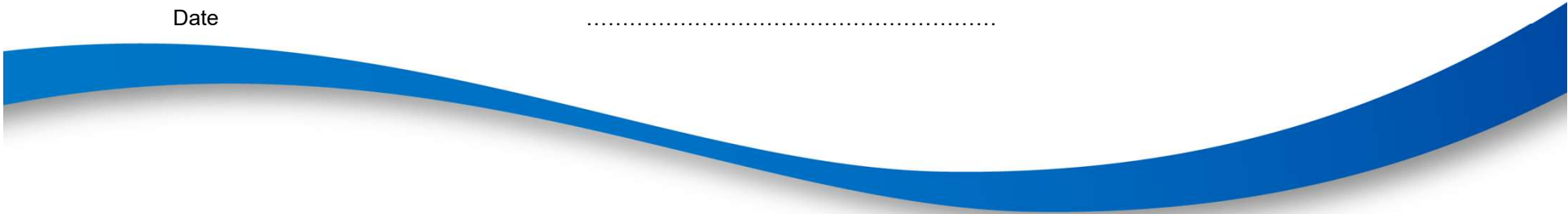
Equipment observed lifting

Manual Handling Trainer

Activity	Y/N	Comments: Good practice and improvements
Assess load		
Prepare route		
Position feet		
Stable base		
Bend knees		
Back straight		
Head back, chin in, neck neutral		
Good grip		
Load close		
Load put down safely		

Manual Handling Trainer Signature

Date



To sum up : Your Role

NHS

Blood and Transplant



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