

**NHS Lanarkshire
Moving and Handling Department**

PATIENT HANDLING COURSE CONTENT

COURSE: 2 Day Patient Handling 1 day follow-up Patient Handling DATE: _____
 SITE: Hairmyres/Wishaw/Coathill/Monklands/MRU ADVISOR: **Joe McAdam**

LAW, GUIDELINES, POLICIES, RISK ASSESSMENT	Explained and Discussed
Legislation: HSAW Act 1974; MHOR 1992.	
Recognition of controversial handling practices.	
NHS Lanarkshire Moving and Handling Policy.	
Health and Safety Control Book.	
Accident reporting.	
Risk Assessment: 'T.I.L.E.'; generic/ individual/ ward assessments	

PRINCIPLES OF EFFICIENT MOVEMENT	Explained, demonstrated and discussed.
Back Awareness: basic spinal anatomy and function	
Effects of squat/stoop lifting	
'Top heavy' positions.	
Sustained Tension and Cumulative Strain	
Benefits of efficient movement and body awareness.	

EFFICIENT MOVEMENT IN PRACTICE	Explained, demonstrated, discussed and practiced.
Balance , base	
Reaching Action.	
Holds: close to body's centre of gravity; indirect; underneath load; body/ surface area contact; palmar.	
Retaking Hold.	
Patient facilitation and maintenance of independence/ mobility.	

CHAIR MOVES	Explain/ discussed	Demonstrated	Practiced
Sit to stand, stand to sit transfers			
Assisting forward in chair.			
Assisting back in chair.			
Anterior holds.			

WALKING AND FALLS PROCEDURE	Explain/ discussed	Demonstrated	Practiced
Walking: incl. hand holds/ support.			
The falling / fallen patient: controlled descent.		PARTIAL DEMO ONLY	NOT PRACTICE
Assisting patient from floor.			

HOIST MANOEUVRES	Explain/ discussed	Demonstrated	Practiced
Different types of hoist and slings			
Safety checks to hoist and sling.			
Moving the hoist.			
Application and removal of sling in sitting.			
Hoist transfer chair to bed / bed to chair.			
Hoist Transfer from the floor			

BEDS: main features and safety issues re.	Explain/discussed	Demonstrated	Practiced
Hydraulic / King's Fund beds			
Electric profiling beds			
Static and divan beds			
Back rests			

BED MOVES and SLIDE SHEETS	Explain/ discussed	Demonstrated	Practiced
Rolling patient.			
Safety features of slide sheets.			
Introduction/ removal of Slide Sheet.			
Sliding patient up bed.			
Introduction of Slide Sheet from head / foot.			
Use of slide sheet for other bed moves.			
Sitting patient up from lying.			
Assisting patient into / out of bed			
Passive skin loading.			
30 degree tilt.			
Lateral transfers.			

OTHER HANDLING PROCEDURES / EQUIPMENT/ SCENARIOS included in course.

COMMENTS / ADDITIONAL INFORMATION

HANDOUTS:	
NHSL Handling Course Handout <input type="checkbox"/>	HSE Guidelines <input type="checkbox"/>
Guideline Weights for Inanimate Loads <input type="checkbox"/>	Individual Risk assessment <input type="checkbox"/>

CERTIFICATES ISSUED: at course * on (date) _____

Course participants' signature on completion of course:	
1.	6.
2.	7.
3.	8.
4.	9.
5.	

Advisor/ Trainer's signature: _____ **Date:** _____

Please note: This form does not say that you are competent or skilled in the methods listed. However, you have a duty of care to take reasonable care of your own health and safety, and those you work with, so you should try to apply the above training to the best of your ability.