

# Lifting operations and lifting equipment regulations essay sample



Outcome 1 – Understand anatomy and physiology in relation to moving and positioning individuals

1. 2. Describe the impact of specific conditions on the correct movement and positioning of an individual

When moving an individual you must take into account if they have any conditions that acquire special moving techniques. Here are a few examples; Individuals with Parkinson's may have limb rigidity which can affect their ability of movement and cause limitations. When moving the individual into different positions you must make sure to force the rigid limbs as this can cause further pain and discomfort. Individuals that have had a stroke often have long-term and devastating weakness down one side of their body. When moving that individual you must be aware of the extent of the stroke and on which side of the body has been effected.

Outcome 2 – Understand legislation and agreed ways of working when moving and positioning individuals

2. 1. Describe how legislation and agreed ways of working affect working practices related to moving and positioning individuals

Every time care workers move or support an individual they are performing manual handling on that individual. According to the Health and Safety Executive (HSE) 50% of all reported accidents are from the Health and Social sector and in particular with moving and handling. To reduce the amount of accidents and injury, there is legislation in place to protect everybody. Here are a few examples of legislations; L. O. L. E. R, Manual Handling Operations Regulations 1992, Health and Safety at Work Act 1974. These legislations are in place to make sure it is a legal requirement for employers to make sure the health, safety and welfare of their employees is maintained and for employees to have a duty of care for themselves and

others. 2. 2. Describe what health and safety factors need to be taken into account when moving and positioning individuals and any equipment used to do this. There are factors that you need to consider before you move or position an individual. You also need to plan what you are going to do. Here are a few examples of the factors you will need to take;

\* The Activity – You must know what activity you are assisting the individual with e. g. are you helping them to stand, sit, roll, walk or turn? If they need the bathroom, are they able to walk the distance unaided or with a frame and yourself for support? \* The Environment – You must assess the environment around the individual and identify any potential hazards. For example, is there enough space for you to assist the individual? \* Moving and Positioning – What can the individual do for themselves? Does the individual have a catheter bag, intravenous drip attached to them? If the individual can do things for themselves then you must help promote this by letting them keep as much independence as possible. \* Equipment That May Be Used – Before assisting the individual you must make sure you know what equipment needs to be used for them such as walking frame, sliding sheet or a hoist. If they need a hoist for example then you must make sure that the hoist is fully charged, it is not defected in anyway and that you are using the right sling for that individual. Also make sure that there is enough space to manoeuvre the hoist and individual safely and correctly. There must always be at least two people to assist with the hoist.

Outcome 3 – Be able to minimise risk before moving and positioning

individual 3. 3. Identify any immediate risks to the individual

It is important that you assess the environment for any immediate risks and obstacles that may get in the way of the activity. Here are a few examples of things to watch out for; chairs, tables, beds, wet floors, wet floor signs, catheter bags, intravenous drips, wound drains. You must also check the individual for any pressure sores and the main pressure areas such as the elbows, heel and sacrum. These need to be treated with extra care to avoid any further sores, if any.

3. 4. Describe actions to take in relation to identified risks

Once you have identified the risks, you must then take the right precautions the either clear the area or take extra care to avoid. Here is an example of an identified risk and how to deal with it; I am going to hoist an individual onto a wheelchair from the bed, before I do this, I must make sure that the area is clear.

I have noticed that there is a chair that is going to get in the way when I manoeuvre the hoist. I must therefore either move the chair out of the way into a safer place or remove the chair altogether. This way I am ensuring that I have cleared the area for safe manual handling practice.

3. 5. Describe what action should be taken if the individual's wishes conflict with their plan of care

If the individual for example needed to be hoisted because they cannot walk or move without assistance and they decide that they do not want to be hoisted anymore, I would explain to them why we are hoisting them and ask if there is any way that we could make them feel safer or more comfortable. If they still do not wish to be hoisted anymore then I would document it in there care plan and consult my senior carer or nurse on duty. You must always take into consideration the individuals rights and wishes.

## Outcome 5 – Be able to move and position an individual

5. 3. Describe the aids and equipment that may be used for moving and positioning There are many different ranges of hoists and aids that can be used to assist an individual with moving and positioning. These can be split into three categories; 1. Hoists, slings and sliding sheets take the full weight of the individual. These must be used with individuals that need a lot of assistance with moving and positioning. 2. Sliding boards and sliding sheets take some of the individual's weight. These can be used for when the individual can do some things without assistance. 3. Lifting handles, grab handles and raised toilet seats are designed to help the individual assist themselves with little to no assistance from care staff. Outcome 6 – Know when to seek advice from and/or involve others when moving and positioning an individual 6. 1. Describe when advice and/or assistance should be sought to move or handle an individual safely You should always seek advice and/or assistance if;

\* The individual's condition has changed; if you are assisting an individual who used to do most things for themselves but has since fallen over and has limited abilities, they may still feel that they can do most things but you need to ask your senior carer or nurse and see what they say is safe for them to do with minimal assistance. \* There is an emergency; if an individual has fallen and cannot get back up by themselves then you must sound the alarm and ask your senior carer or nurse what is best to assist that person, if they need to be hoisted up then you must have at least two care staff to move and position them.

\* The individual refuses to cooperate; you must stay professional at all times and explain to them what you are doing and why you are doing it. If the individual still does not want to cooperate then you must ask your senior carer or nurse to step in. You must never perform a moving and handling task without the individual's permission.

6. 2. Describe what sources of information are available about moving and positioning individuals. There are many ways to seek advice and information when moving and positioning individuals, here are a few examples;

- \* Senior staff (senior carer, nurse, manager)

- \* Moving and handling training officer

- \* Physiotherapist

- \* The individual's care plan

- \* Health and Safety at Work Act 1974

- \* L. O. L. E. R (Lifting Operations and Lifting Equipment Regulations 1992)

- \* Manual Handling Operations Regulations 1992

- \* Mental Capacity Act 2005

- \* HSE (Health and Safety Executive)