

Manual handling essay



The practice of inadequate Manual handling is one of the most frequent risks that many people are approached with in all workplaces. The aim is to provide each individual with the knowledge and skills needed to perform Manual handling in the appropriate ways. We need to identify potential hazards and use the training knowledge to implement strategies to eliminate or reduce the risk to prevent injuries occurring. (Major workplace Hazards, website, 2003) Manual handling is procedures that require the use of strength to complete a variety of tasks.

These motions include lifting, pulling, pushing, carrying, holding or restraining of a person or an object. As each person has the right to receive the correct care so it is our 'Duty of Care' to both our colleagues and patients to ensure everyone's safety when providing care. Manual handling policies and procedures are among all workplaces and they were put in place to enable the correct aids and training to be used when care to someone to reduce the risk of injuries. Harris, Nagy & Vardaxis, 2007 p. 562)

Manual handling has been introduced since as early as the 1950's. In that period of time the recourses weren't as developed or available. So 'Team Nursing' was introduced to improve the quality of Nursing services by using the basic knowledge and skills nurses has to work together to implement other techniques and strategies. (Team Nursing, website, 2004) Equipments used in the past are still equipments we are using today.

As technology has evolved so have our resources and the equipments that are commonly used today have been modernized and improve the quality tremendously over the decades. (Safe patient handling and movement,

website, 2006) The current Manual handling procedures that are being used within hospitals, aged care facilities and Nursing homes are in place as the aim is to use the appropriate aids. Aids such as slide sheets, walking belts, commodes, hoist, trolley wheelchairs and even a range of beds and mattresses help to assist workers to work within their 'scope of practice'.

Using correct equipments can help to prevent injury and make the patients feel as ease. (OHS manual handling, website, 2009), (NSW Nurse' Association and Work Cover NSW, website, 1998) There are numerous aids and types of transfers to support workers to use safe manual handling tasks. Using these aids benefits our care for a patient when being transferred; it not only decreases the length of time to carryout the procedure but most importantly lowers the risk of harm. (OHS manual handling, website, 2009) All risk factors must be identified when performing Manual handling. There are standard lifting guidelines that must be followed and are the most effective procedures to trying to minimize potential injuries. As all manual handling risks cant be eliminated a step-by-step risk assessment should be cared out
Step 1: Identify the hazard, step 2: Assess the risk, step 3: Control the risk and step 4: Follow workplace policies, procedures and protocols.

Therefore by assessing and reducing likely risks and acting on them when brought to our attention will improve care and lower the number of injuries. (Major workplace Hazards, 2003, p. 1-6), (Safetysolutions, website, 2008), (OHS manual handling, website, 2009) So by working within our scope of practice and following policies and procedures that have been implemented and obtaining the correct training we are at lower risks to occurring injury. (S. A. R. R. A. H, website, 2012)