

Course Information Sheet

H&S: Supporting People to Move

Course Code	AOC17015RNZ	Course Series	Health & Safety
Learning Pathway	Developing		
Course Description	<p>Safe manual handling protects both the person being supported and the staff. This course explores various manual handling manoeuvres that are seen in a care and support setting.</p> <p>This course practically demonstrates the correct procedures for common moves that care staff are likely to encounter when supporting individuals to move and undertake tasks of daily living. This course highlights the importance of performing these moves safely, to minimise risk to the individual, whilst maintaining their dignity and independence.</p>		
Subjects covered include	Principles of Manual Handling – Risk Assessment – Principles of Dignity & Independence – Minimal Assist Moves – Maximum Assist Moves – Manual Handling Equipment		
Target Audience	Registered Staff and Care Staff		
Learning Outcomes	<p>After viewing this course, participants should be able to:</p> <ul style="list-style-type: none"> • Understand the principles of manual handling and the importance of risk assessment • Recognise how dignity and independence should be maintained • Identify different types of manual handling equipment and when each one is required • Safely support a person to: <ul style="list-style-type: none"> ○ Walk without equipment ○ Stand up and move from the chair to walk, using a transfer belt ○ Move up the bed, using two slide sheets ○ Move up the air chair, using two slide sheets ○ Roll, using the person’s body mechanics ○ Roll, using a slide sheet 		

Course Information Sheet

- Stand up and move from the bed to the chair, using walking frame
- Stand up and move from the chair to the wheelchair, using stand up hoist
- Move from the bed to the chair, using a full sling hoist
- Move off the floor without equipment
- Move off the floor, using full sling hoist
- Move off the floor, using lifting cushion
- Move from the bed to trolley (for transporting or bath) using transfer board and slide sheet

Think About

- When supporting a person to move, do you ensure that a person’s dignity and independence are maintained?
- Do you have any specific manual handling equipment you would like to learn more about before you watch this video?
- What are some of the challenges you face when supporting people to move in your workplace?

Subject Matter Expert

Rik Dawson graduated from Sydney University in 1993. Rik is a titled Gerontological Physiotherapist, guest lecturer at Sydney University and ACU for Aged Care and is a Director for the Australian Physiotherapy Association. Until recently Rik owned and operated Agewell Physiotherapy for over 20 years and employed Physiotherapists and Occupational Therapists to work in residential care, home care and NDIS. Currently Rik is the NSW Operations Manager of Dimple Physiotherapy who, as part of Zenitas Healthcare, provides a diverse range of Allied Health services across Australia including physiotherapy, sports medicine, exercise physiology, occupational therapy and podiatry.

Key Definitions

Able to Assist	The person can understand what the staff member is saying, is cooperative with the move, and is able to physically carry out the task required.
Bariatric or plus size person	Someone who fits into two or more of the following criteria: <ul style="list-style-type: none"> ● They weigh 120 kgs or more ● Their Body Mass Index or BMI is 35 or greater ● Their seated hip width is greater than 51cms or 20 inches
Dependent	The person is unable to physically carry out the task and requires full support to complete the task required.

Course Information Sheet

TILEO	<p>TILEO is a tool used for assessing and managing risk when moving & handling.</p> <p>TASK – What, where and how does something/someone need to be moved? Will there be any hazards, such as a need for stooping, twisting, precarious balance or a need for up & down movements?</p> <p>INDIVIDUAL – Is the person/people performing the task physically suited, fit and ready for the task? Are they mentally and emotionally prepared, or in need of special training or instruction? Do they have any health needs that need to be considered?</p> <p>LOAD – How will the weight, size, balance and shape of the person being moved affect the task? Will their physical condition, cognition or mental state have an impact?</p> <p>ENVIRONMENT – Is the work area clear, lighting adequate and temperature comfortable?</p> <p>OTHER FACTORS – Is there anything else that you need to ask or be aware of? Do you need Personal Protective Equipment?</p>
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Calculating BMI

Calculating a person’s Body Mass Index can be a useful tool for assessing risk before supporting a person to move. BMI compares the person’s weight to height and is calculated by dividing the person’s weight (in kilograms) by their height (in metres squared). This can assist staff to recognise whether bariatric equipment may be required.

$$\text{BMI} = \text{Weight (kg)} / \text{Height (m)}^2$$

Resources to Support Your Learning

Manual Handling

<https://worksafe.govt.nz/topic-and-industry/manual-handling/>

Moving and handling people in the healthcare industry

<https://worksafe.govt.nz/topic-and-industry/health-and-safety-in-healthcare/moving-and-handling-people-in-the-healthcare-industry/>

Course Information Sheet

Active Learning Hours

This course and the accompanying assessment may require up to three hours of active learning. It is the learner's responsibility to calculate how many hours of active learning have taken place. The course viewed must be relevant to the care worker or nurse's context of practice for it to be considered continuing professional development. Certificates are available from your coordinator.

DISCLAIMER:

Except where otherwise stated, scenarios depicted in this course are fictional and any resemblance to any person or event is purely coincidental. The information in this course has been prepared as general information only. It is not intended to provide legal, industrial or other specialist advice and should not be relied upon as such. All advice and information are professionally sourced and provided in good faith and, while all care has been taken, no legal liability or responsibility is accepted for any possible error. For direction concerning your particular circumstances, independent advice should be sought. Copyright 2019. The contents of these Learning Resources remain the property of Altura Learning. They are for the exclusive use of current members of Altura Learning; their use, distribution, and storage are subject to the terms and conditions laid out in Membership Agreements. Altura Learning and Engage. Inform. Inspire are registered trademarks of Altura Learning.