LIST OF AUTHORISED PRACTICAL TECHNIQUES

This is a list of practical techniques authorised for use in the Trust. This list is not intended to be exhaustive nor restrictive.

All manual handling must start with a risk assessment as laid down by the Manual Handling Operations Regulation 1992. Techniques selected to assist client transfers or for load handling must be appropriate, in accordance with the key safer principles of manual handling and recorded in the Moving and Handling plan.

Patient Handling Techniques

- Rolling or turning in bed; turning client onto the side using a log rolling technique
- Log rolling
- Using a profile bed: Using the mechanical adjustments of a profiling bed to assist manual handling techniques
- Manually assisting a dependent person to sit
- Moving up the bed: from verbal encouragement to using slide sheets or hoist
- Inserting and removing slide sheets without rolling the person
- Lateral transfers: Moving patient across the bed with slide sheets
- Side lying to edge sitting
- Edge sitting to side lying
- Seat to seat transfer using a transfer board
- Sitting to standing
- Moving forward in the chair
- Standing to sitting
- Moving back in the chair
- Standing transfer
- Equipment for standing transfers
- Walking
- Transfer from chair using active hoist
- Transfer to chair using active hoist
- Passive hoist transfer from a chair, wheelchair/commode etc.
- Repositioning a person who has slipped down in a chair
- Passive hoist transfer – from the bed
- Using a hoist and turning sheet for personal care in bed
- Hoisting to/from the floor
- Hoisting into the bath
- Repositioning a person in bed
- Hoist transfer from bed to chair
- Hoist transfer from chair to bed
- Hoist slings for assisted walking
- Hoisting a person off the floor
- Mangar Elk to assist patient from the floor
- Controlled lowering of the falling person
- Allowing a person to fall: When not in contact with client or if otherwise unsafe to intervene
- Redirecting a falling person on the stairs
- Instructing a person to get up from the floor, using minimal supervision (backward chaining)
- Instructing a person to get up from the floor, using minimal supervision and two chairs
- Rolling a person on the floor to position handling equipment
- Management of a person who has fallen in a confined person
- Use of in inflatable cushion with backrest to assist a person up from the floor
- Hoisting from the floor

**Load Handling Techniques**

- Pushing; Trollies, wheeled cages, food trollies, sack barrows etc.
- Pulling; Trollies etc. – but with particular caution as pulling imposes higher loading on the spine than pushing.
- Stair climbers
- Lifting
- Lowering
- Carrying