

Moving & Handling

Nursing

The principles of a safe transfer, and the manoeuvres no longer taught.

Risk assessment first. Equipment second. Muscle last, and rarely.

Principles

Assess task, individual, load and environment

Plan the move and brief the patient first

Use the patient's own ability wherever possible

Stable base, bend the knees, keep the load close

Move the feet rather than twisting the spine

One person leads and counts the move

Avoid

Drag lifts under the arms

Manual lifting of a fallen patient

Reaching or lifting above shoulder height

Improvising when the equipment is elsewhere

Moving without checking brakes and bed height

Sudden or unannounced movement

Educational reference. Hoists, slide sheets and slings must match the patient's weight and your training. Local handling policy governs.