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# Facilitator & Student

# Moving & Handling

## Revision, Lesson & Delivery Plan

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## Information and guidance for facilitators and students

All Tutors **MUST** check verbally with students to ensure they are physically able to undertake training prior to commencement of the course.

Please ensure that students **DO NOT** undertake any procedures that they do not feel physically able to do so.

Prior to undertaking your training please familiarise yourself with the concepts of Moving and Handling by accessing the following media. A full reference list of resource material can be found at the end of this guide.

This training package is designed to act as an introductory guide to Moving and Handling. **Students must always locate check and ensure adherence to local Trust policy.**

Health and Safety Executive - Good handling technique

Select the image below to access [guidance upon how to perform a basic lift safely](#).  
These principles can be adapted to suit the actual task.



Health and Safety Executive - Manual handling at work: A brief guide

Further information can be found by accessing [HSE Manual handling at work: A brief guide](#)

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## Moving and Handling Risk Assessment - TILE

TILE is an acronym that aims to help you carry out a manual handling risk assessment. TILE prompts you to consider each essential area of the activity in order to improve health and safety. In terms of manual handling, the TILE acronym stands for Task, Individual, Load, and Environment:



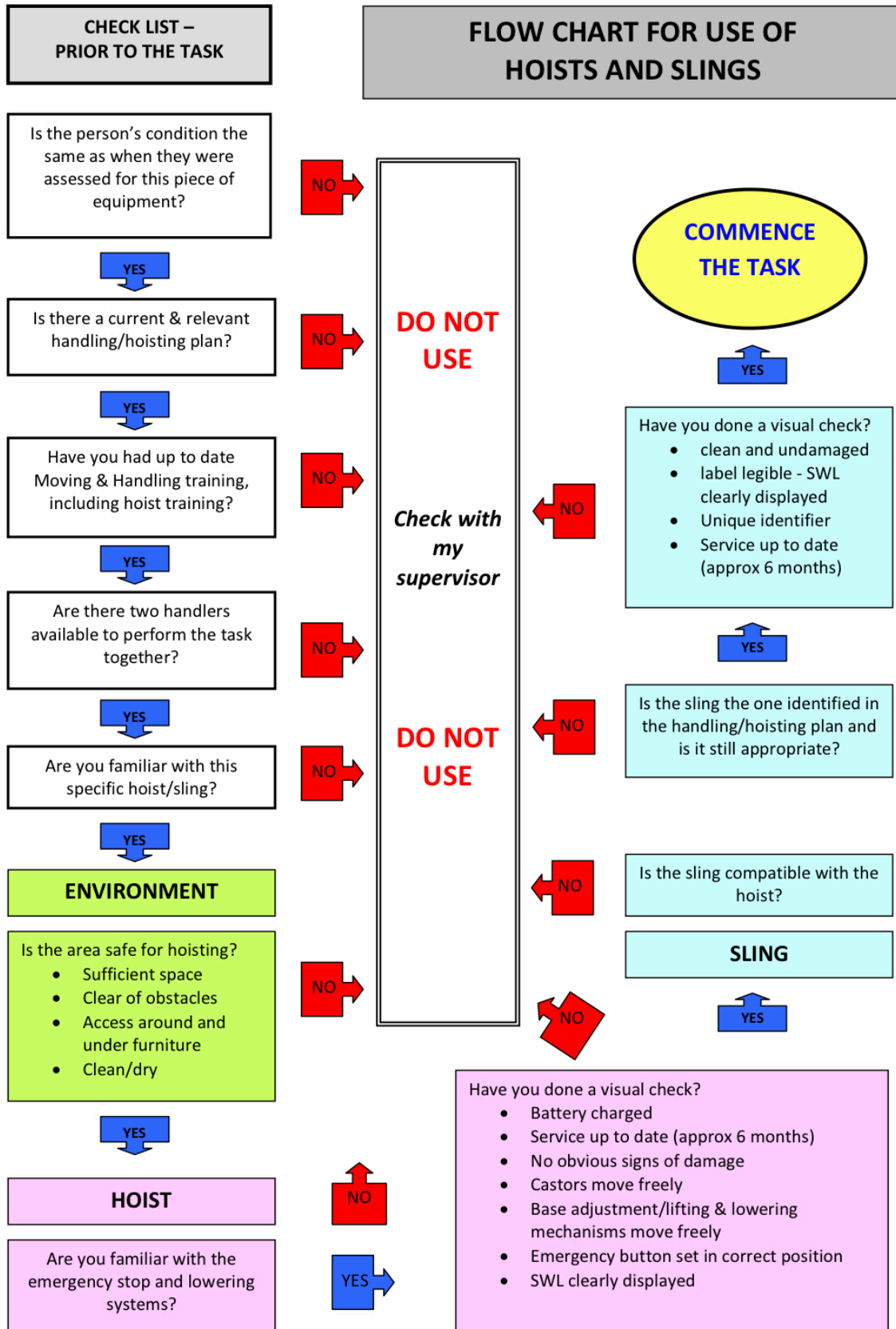
**T – Task** This means considering the manual handling activity itself, i.e., the lifting, lowering, carrying, pushing or pulling, and looking at how it may affect your health and safety. For example, does the task involve repetitive movements, strenuous movements, long distances, or uneven weight distribution?

**I – Individual** This means considering the person who will be carrying out the manual handling activity, i.e., you or another colleague. For example, how strong, fit or able is the person? Are they capable of manual handling alone? Do they need assistance?

**L – Load** This means considering the object or person that is being moved, and looking at how this may affect health and safety. For example, is the load particularly heavy, bulky, hard to grasp or unstable?

**E – Environment** This means considering the area in which the load is being moved, and looking at how this could make the manual handling task unsafe. For example, are there any space constraints? Is the floor slippery or uneven? Is there sufficient lighting? Are there any trip hazards?

# Hoist & Sling Standard Operational Procedure (SOP)



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## Standardised Delivery Plan Year 1 (All Groups)

Standardised delivery to be covered in all subsequent years with additional field specific themes.

- **Introduce resources: [ClinicalSkills.net](https://www.clinicalskills.net) /HSE/Canvas (this booklet)**
- **Theory: HSE/Ergonomics/TILE**
- **Sit to stand (including assisted stand and stand aid hoist)**
- **Hoist (from bed to chair/chair and bed)**
- **Glide Sheets: Move up and down a bed**
- **Glide Sheets: Lateral transfer**
- **Fallen patient and talking a patient up off the floor**
- **Cot usage and carrying/handling (baby and child)**

### Suggested Resources

[ClinicalSkills.Net Moving and Handling](#) (requires Log In)

[Arjo - Patient Handling Sara Plus demonstration video](#)

[Arjo - Patient Handling Maxi Move demonstration video](#)

[Royal Liverpool Hospitals - Safe Patient Movement using the Slide Sheet method](#)

[Moving and Handling in the Childcare Setting](#)

## Additional Learning Themes Year 2/3 (Groups Specific)

### Child

- **Air assisted hover system**
- **Critical care moving and handling**
- **Introduction of bariatric manual handling**

### Suggested Resources

- Please refer to first year information

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- Other resources

[HoverTech - HoverJack training video](#)

## **Adult**

- **Air assisted hover system**
- **Critical care moving and handling**
- **Introduction of bariatric manual handling**

## **Suggested Resources**

- Please refer to first year information
- Other resources

[HoverTech - HoverJack training video](#)

## **Mental Health**

- **Air assisted hover system**
- **Introduction of bariatric manual handling**

## **Suggested Resources**

- Please refer to first year information
- Other resources

[HoverTech - HoverJack training video](#)

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## Reference and Resource Material

- [ClinicalSkills.Net Moving and Handling](#)
- [HSE Manual Handling at Work: A brief Guide](#)
- [YBE and HSE Hoisting Guidelines](#)
- [HSE Getting to grips with hoisting people](#)
- [Royal Liverpool Hospitals - Safe Patient Movement using the Slide Sheet method](#)
- [Moving and Handling in the Childcare Setting](#)
- [Arjo - Patient Handling Maxi Move demonstration video](#)
- [Arjo - Maxi Move Instructions for use](#)
- [Arjo - Patient Handling Sara Plus demonstration video](#)
- [Arjo - Sara Plus Instructions for use](#)
- [HoverTech - HoverJack training video](#)
- [HoverTech - HoverJack Instructions for use](#)





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