

Patient information

A brief introduction to moving and handling while in hospital

The West Suffolk NHS Foundation Trust has a legal obligation towards the Health and Safety of all people who come within its sphere of influence. The Manual Handling Regulations 1992 therefore apply to ensure that all patients are moved or handled safely.

The Manual Handling Operations Regulations (1992)

“Transporting or supporting of people or loads (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force”

Here at the West Suffolk NHS Foundation NHS Trust we promote self-help and independence, to avoid injury to you and your care team.

To enable us to provide you with an excellent standard of care during your stay we will need to ask a few questions about your mobility in order for us to produce a safe handling plan which is tailored for your. The handling plan will be discussed with you and sometimes your family.

The handling plan is kept on a shared computer system called e-care. The handling plan is transferred with you when you go to other wards or departments.

The Ward Staff will:

- Encourage you to be as independent as you are able. (By giving you time and equipment as required). ***This will assist in getting you home***
- When helping you to move, explain all movements fully prior to starting.
- Explain how equipment works and offer a demonstration prior to its use.
- Follow recommended manual handling procedures at all times (these are available for you to see on request)

We ask you to:

- Be as independent as you are able using any aids you are accustomed to using. ***You may need to ask a relative to bring in your usual walking aid***
- Move yourself in bed if you can. ***This will assist with preventing bed sores and stiff joints***

- Advise the nurses or therapists of any mobility problems that you are experiencing.
- Listen to and follow advice from the nurses and therapists about your mobility.
- Assist the nurses when equipment is being used.
- Ask questions when you need and as often as you wish.

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the disabledgo website link below:

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>