
Example questions and answers for Unit 4

Unit 4: Health and Safety in Care Settings 4.2.3 Safe Moving and Handling Techniques

Q Explain how the Manual Handling Operations Regulations minimise risks for service users and care workers.

A The Regulations state that hazardous manual handling operations must be avoided if at all possible. This is because as soon as anyone tries to move another person, there is a risk of injury to all concerned. Where moving cannot be avoided a suitable and sufficient assessment must be done before any moving or handling is carried out. The assessment should include the acceptable procedures which are suitable to move the service user. The risk of injury from any moving operation must be reduced as far as is reasonably practicable. The regulations state that employers are responsible for developing and implementing organisational controls. All care settings must have a policy on moving and handling which outlines the procedures to be followed. The employers must assess which tasks are unavoidable and so minimise any risks to a reasonably practicable level. The employers should provide information for all their employees, monitor any systems which are used and regularly review their systems. The regulations also state employees are responsible for using equipment correctly. The employees must comply with the employer's moving and handling policy at all times.

[10 marks]

Q Describe the importance of **five** factors which should be considered before moving or handling a service user.

A:

- The task should be assessed carefully to decide whether it is absolutely necessary to carry out the movement or lift. Service users should only be moved when necessary.
- Care workers should assess themselves as an individual to make sure they are fit enough to carry out the procedure. If they are unfit, too tired or wearing incorrect shoes or clothing they should not carry out the movement.
- The load which is the service user should be assessed. If they can move themselves they should do so to encourage independence as much as possible.
- The environment must be assessed to decide if there are any limitations on space or any obstacles in the way. If the floor is slippery it should be mopped up before moving or handling this is especially important in a bathroom.
- The equipment to be used must be assessed. It should be appropriate for the procedure to be carried out, clean and in good working order.

[10 marks]

Q Describe the main points which must be followed when using a hoist.

A The care worker must be trained to use the hoist before using it. The use of a hoist should be recorded in the service user's care plan as this shows that the service user's needs have been assessed and therefore the use of a hoist is appropriate. The service user's weight must be within the capacity of the hoist. At all times the manufacturers instructions must be followed, there may be differences in the methods used between different makes of hoist. The hoist must be checked for faults before using it as it would be unsafe to use if there were any faults. The care worker must plan the lift before beginning the procedure. Make sure the area is safe and there is space to manoeuvre. If moving a service user from a wheel chair to the toilet or bed there should be nothing to block the way. The sling used must be the correct type and size for the service user otherwise they could fall out of it. Position the sling under the person in the correct places. The hoist must be positioned correctly in relation to the service user before performing the lift. Attach the sling to the hoist hooks in the correct places, the arm straps should be shorter than the leg ones so that the service user is in a sitting position when lifted. The care worker should always talk to the service user throughout the procedure and explain what they are doing. Always involve the service user fully in the process, if they ask to stop then the care worker must do so straight away as the service user could be in pain. It is vital for the service user to be confident in the care worker who is managing the lift. The care worker should never hoist a service user alone.

[10 marks]

Q State **five** things you would do to prepare a service user to move from a wheelchair to a bed using a slide board.

- Position the wheelchair at an angle to the bed.
- Make sure the wheel chair brakes are on.
- Check the wheelchair belt is undone.
- Make sure the bed is at the same height as the wheelchair.
- Make sure any medical attachments or catheter are not in the way.

[5 marks]