

Salus Occupational Health & Safety

Salus is an NHS based provider of Occupational Health and Safety and return to Work services across the public and private sectors. It is the largest multidisciplinary service of the NHS and operates as a social enterprise model.

Salus is owned and operated by NHS Lanarkshire. There are departments in each of the three main hospitals in Lanarkshire and a central department located in Centrum Park, Coatbridge.

Our service can provide advice help and support on matters related to health and work, We have a wide range of professionals with trained OH physicians, OH nurses, safety specialists, occupational hygienists, fire safety specialists, manual handling advisors and our administration staff.

We provide a trusted and confidential service and aim to support managers and staff alike.



For More Information Contact:
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MOVING AND HANDLING



Moving & Handling

Back pain affects most people at some time in their life. It can be caused by a single over-exertion, or can arise from the cumulative effect of excessive moving and handling or poor posture. Other musculoskeletal disorders, including problems with hands, arms, knees etc, can be frequent in some types of occupations.



Where a task involves pushing, pulling or supporting of a load etc, the Moving and Handling Regulations place the following main duties on the employer:

- So far as is reasonably practicable, eliminate or avoid the need for any moving and handling which has the potential to cause injury.
- Where this is not possible, carrying out a risk assessment, which considers the tasks, the loads, the working environment, and the individual capability.
- Reduce the risk of injury to the lowest level reasonably practicable.



Moving and Handling Of Loads.

Reduce The Risk of Injury By:

1. Practicing the methods taught on the moving and handling training course.
2. THINK before lifting anything; *what does it weigh?, how will I hold it?, do I need help?, where is it going?, IS THERE A SAFER WAY?*
3. Ask your manager about the “safe system of work”.
4. Use mechanical handling equipment whenever possible.
5. Keep loads light—if possible divide large loads up into smaller and lighter ones even if this means making more return trips.
6. Minimize the distance—a series of short trips is preferable to one long carry.
7. Take regular and frequent rest breaks.



IF YOU THINK A LOAD MIGHT BE TOO HEAVY OR AWKWARD IT PROBABLY IS!

ASK FOR HELP!



Patient Handling and Moving.

Reduce the Risk of Injury By:

1. Follow the methods taught on the course to handling and moving.
2. Familiarise yourself with the moving and handling risk assessments and the instructions in the patient’s care plan.
3. Always use moving and handling equipment whenever required but only use equipment on which you have received instruction.
4. Always consult the person being moved and seek their co-operation
5. Check for hazards before moving the patient, e.g. water on the floor, obstructions etc.
6. Report defects and remove defective equipment from service



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