

Assisting & Moving Individuals
Knowledge Paper Answers

Assisting & Moving Individuals Knowledge Paper

1. Complete the sentence from Manual Handling Operations Regulations 1992.
'manual handling operations mean any transporting or supporting of a load
(including the lifting, putting down, pushing, pulling, carrying or moving thereof'

by **HAND** or **BODILY FORCE**

2. Fill in the gaps of the relevant legislation:

HEALTH and **SAFETY** at Work Act 1974

3. What are your employer's 3 main duties under Manual Handling Operations Regulations?

1 **Avoid.**

2 **Assess.**

3 **Reduce.**

4. When should you carry out an informal risk assessment of a manual handling task?

Before you carry out the task.

5. Give 2 examples of information which you would need to record on an accident report

1 **Name (s) and address (s) of person (s) involved.**

2 **What happened.**

6. When you carry out a manual handling task who is responsible for your safety?

Yourself and employers.

7. Give an example of one of the functions of your spine.

Supports your body.

8. What percentage of people experience back pain in their lifetime?

40%

60%

80%

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9. Give an example of a way in which you can keep your body healthy.

Eat a balanced diet.

10. How many steps are there to the formal risk assessment process?

5.

11. The first 2 stages of a formal risk assessment are:

- 1 Identify **Hazards.**
- 2 Assess level of **Risk.**

12. Describe a control measure which could be introduced to reduce the risk involved in a manual handling task.

Use equipment such as hoists. Use of increased information.

13. Give one reason why human beings are usually 'hazardous loads' when they need assistance moving.

Because we are unpredictable, we can move and our moods can change.

14. Give an example of something you would need to do before using a hoist to transfer someone from their bed to chair.

You would initially make sure that the equipment is safe and suitable to use, that you have enough space to manoeuvre the hoist without obstacles in the way.

15. Suggest a way in which you could support an individual to move independently (i.e without physical help from you)

Teach the individual basic physio, ensure they're wearing suitable footwear and let them know of any equipment that would be suitable, such as walkers, walking sticks, hand rails etc.

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16. Give three examples of information you would need to know about an individual before you assisted them to move.

- 1 **Are they weight bearing?**
- 2 **How are they feeling?**
- 3 **Do they have walking aids / know how to use them?**
- 4 **Are they taking any medication that may affect their mobility?**
- 5 **Do they have mental capacity?**

17. You are assisting a person to move from their bed to a chair and you have to decide between different methods of doing this; you should choose:

- a. The safest
- b. The one which best suits the person's needs and preferences**
- c. The one you are more comfortable with

18. The factors to be considered when carrying out a manual handling task are psychological, social and..

Physical factors.

19. What does a CE mark tell you when you see it on equipment?

It meets appropriate British and European Standards.

20. How can you prepare a person before assisting them to get out of a chair?

Check the person is wearing correct footwear and their feet are slightly apart and firmly planted on the floor (stable base), check for hazards around the chair and make sure the person understands what they are about to do.