



# Assisting & Moving Individuals Knowledge Paper

**Candidate**

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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 ..... or ..... ..

2. Fill in the gaps of the relevant legislation:

..... and ..... at Work Act 1974

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

1.....

2.....

3.....

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

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.....  
.....

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

1.....

2.....

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

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

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

40%       60%       80%

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

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.....  
.....

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

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

- 1 Identify.....
- 2 Assess level of .....

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

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

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

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

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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.....  
2.....  
3.....

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..

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

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

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