

EXERCISE SEVEN |

List three potential causes of back problems.

POOR POSTURE
POOR TECHNIQUE
LACK OF FITNESS

MODULE THREE | KEEPING YOUR BACK HEALTHY

REMEMBER

- Healthy and safe lifestyles and practices can help to prevent back problems.
- Warm up exercises should be carried out before tasks, wherever possible and as part of a daily routine.

PERSONAL NOTES:

EXERCISE EIGHT |

State the importance of diet in reducing health risks from manual handling activities.

DIETITIC PATIENT
WELL BALANCED D.I.E.T TO RENEW CELLS ETC

EXERCISE NINE |

Briefly describe activities which should be carried out prior to manual handling and moving activities and the reasons for doing this.

WARMING UP
GENERALLY FIT + HEALTHY

MODULE FIVE | PERSONAL RISK ASSESSMENT

REMEMBER

- Risk Assessment is the basis for safer working practice
- Do your own personal assessment of the risks to identify how to avoid, reduce or eliminate risks.

PERSONAL NOTES:

EXERCISE THIRTEEN |

What does T.I.L.E. stand for when doing a manual handling risk assessment?

TASK
INDIVIDUAL
LOAD
ENVIRONMENT

EXERCISE FOUR |

Complete the following statement:

The most common cause of low back pain and injury is

CUMULATIVE STRAIN

EXERCISE FIVE |

How can the risks of cumulative damage to the back be reduced? State at least 3 ways

PLAN
ASSESS
GOOD POSTURE

EXERCISE SIX |

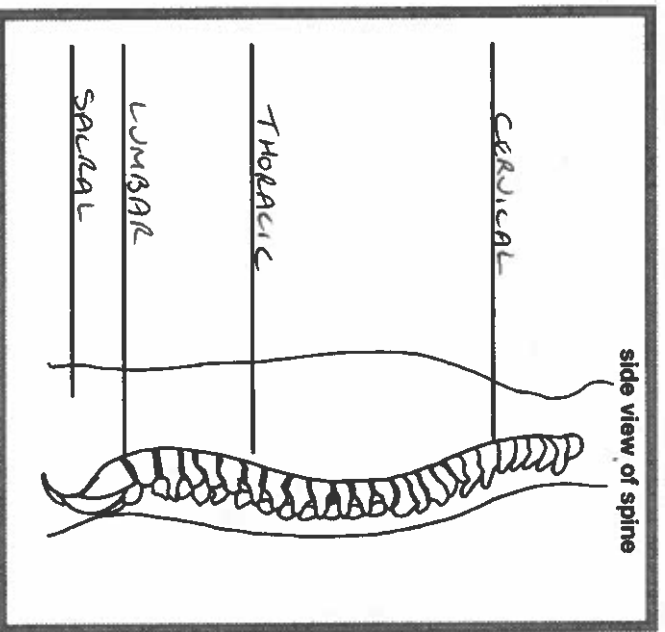
Complete the following statement:

a/ The intervertebral discs are filled with fluid and act as

SHOCK ABSORBERS

b/ Label the four curves in the spine:

Cervical, Thoracic, Lumbar, Sacral



EXERCISE FOURTEEN |

(to be done in pairs or small groups)

Mr Carpenter is 87 years old, confused and is recovering from a stroke. He can weight bear through both legs but requires assistance to get up off his chair (in the sitting room of his bungalow) and walk ten metres to the ambulance that takes him to physiotherapy three times a week.

What questions might you ask as part of your personal risk assessment for this scenario?

HOW DOES HE NORMALLY MOVE?
DOES HE HAVE ANY AIDS?
DOES HE FEEL AS GOOD AS HE NORMALLY FEELS?

MODULE SIX |

COMMUNICATION AND CO-OPERATION

REMEMBER

- Communication is a key skill in ensuring a safer approach to the handling of people.
- Effective communication influences trust, co-operation and safety.
- There are benefits and limitations to team handling.

PERSONAL NOTES:

EXERCISE FIFTEEN |

State three things that should be explained to the patient prior to moving them.

EXPLAIN TO HIM WHAT YOU WANT HIM TO DO
EXPLAIN WHAT IS GOING TO DO
EXPLAIN COMMANDS - CLEAR + CONCISE

EXERCISE SIXTEEN |

State two things ambulance personnel should consider to gain the co-operation of the patient.

COMMUNICATE IN CONCISE + CLEAR MANNER
USE ENCOURAGING BODY LANGUAGE

EXERCISE SEVENTEEN |

State one benefit of encouraging patients to move independently.

REDUCES RISK OF INJURY

EXERCISE EIGHTEEN |

Explain briefly the responsibilities of the Team Leader.

TAKE RESPONSIBILITY FOR THE TASK
NEED TO BE CLEAR + CONCISE
GOOD COMMUNICATION
BEING RESPONSIBLE FOR SAFETY OF PATIENT

EXERCISE THREE |

Fill in the gaps in the sentences using the appropriate word/s from the box below:

training co-operate comply hazards
to make use of reported knowledge current

- All accidents, incidents and near-misses should be REPORTED as quickly as possible.
- Under the Health and Safety at Work etc. Act 1974 all employees must CO-OPERATE with their employers and COMPLY with safety procedures within their organisation.
- All employees must report any defects or HAZARDS in their working environment.
- Employees are required TO MAKE USE OF appropriate equipment provided for them, in accordance with the TRAINING and instructions given by the employer.
- It is also important to have KNOWLEDGE of CURRENT good practice.

MODULE TWO | SPINAL AWARENESS

REMEMBER

- Safer manual handling is all about avoiding the need to handle loads manually as far as is reasonably practicable.
- The postures we use all day, every day, will influence the strength and health of our backs.

PERSONAL NOTES:

Lined area for personal notes.

EXERCISE SIXTEEN |

State two things ambulance personnel should consider to gain the co-operation of the patient.

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MODULE NINE | MOVING ILL + INJURED PATIENTS USING EQUIPMENT

EXERCISE TWENTY THREE

What are the key points to remember when using patient handling equipment?

HAVE BEEN TRAINED TO USE EQUIPMENT
CHECK EQUIPMENT IS SERVICEABLE
REPORT ANY DEFECTS
APPLY GOOD MANUAL HANDLING PRINCIPLES

Notes

PERSONAL TRAINING RECORD

NAME OF TRAINEE: [Redacted]
ORGANISATION/EMPLOYER: [Redacted]

MODULE	DATE(S) OF TRAINING	TRAINER'S INITIALS	TRAINEE'S INITIALS
Module One	22/10/04	[Redacted]	[Redacted]
Module Two	22/10/04	[Redacted]	[Redacted]
Module Three	22/10/04	[Redacted]	[Redacted]
Module Four	22/10/04	[Redacted]	[Redacted]
Module Five	22/10/04	[Redacted]	[Redacted]
Module Six	22/10/04	[Redacted]	[Redacted]
Module Seven	22/10/04	[Redacted]	[Redacted]
Module Eight	25/10/04	[Redacted]	[Redacted]
Session One			
Session Two			
Session Three			
Session Four			
Module Nine	25/10/04	[Redacted]	[Redacted]
Session One			
Session Two			
Session Three			
Session Four			
Session Five			

TRAINEE'S SIGNATURE: [Redacted]
TRAINER'S SIGNATURE: [Redacted]

NB. Copy to be held by employer (Training Department/Personnel file)



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Professional
Ambulance
Personnel



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Moving People | Trainee's Workbook

Trainee's Workbook



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