

Manual Handling

TIPS FOR CARERS

As a carer, your role often involves many tasks – most of which can be physically demanding. Transfers and handling tasks can be particularly difficult for both the carer and the person they care for – be they adults or children. Here are some general safe manual handling tips for carers.

1 Learn about safe manual handling

Information about safe manual handling is continually being updated.



2 Plan and Prepare

Before you attempt to move the person, prepare the environment and plan the move and activity.



3 Create plenty of room to move

Ensure there is plenty of space for the person, carer or carers, and equipment.



4 Foster a calm, relaxed mindset

Try to approach every transfer or manual task with a calm, relaxed attitude and allow plenty of time for these types of tasks.



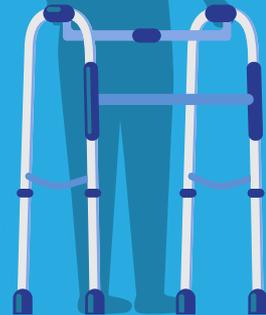
5 Talk through what you're doing

Communication makes sure you both know what's happening and can react if needed.



6 Use transfer aids and mobility equipment to assist

This will make manual handling safer and easier for you and the person you're caring for. Ensure you talk to a specialist when considering your options.



7 Continue to assess mobility needs

The mobility needs of your loved one and your ability to carry out manual handling tasks may change slowly over time.



8 Look after yourself

As a carer, your primary focus is likely to be caring for your loved one. But it is essential that you take care of yourself as well (physically and mentally).

