

## Manual Handling You Tube Videos for Patient Handlers

### Core Manual Handling Skills

The following videos have been made by the South Tees NHS Foundation Trust Hospitals Manual Handling Team who have given us their kind permission to use their materials, while we are observing social distancing and practical face to face sessions have been postponed

Practical moving and handling face to face training, in line with Trust core skills training. will be arranged as soon as it is safe and practicable to do so

If you require further guidance or moving and handling advice please contact the Clinical Ergonomics team via Ext 5494 or email [ghnt.occupational.health@nhs.net](mailto:ghnt.occupational.health@nhs.net)

**Please remember:** for all moving and handling tasks, it is important to risk assess prior to each and every movement, assess the number of people (may require more than 2 people) assess the individual capabilities of each person and ensure that the environment is clear of obstacles.

- Sit patient on edge of bed:  
<https://www.youtube.com/watch?v=fyJV4Ao3vB0&feature=youtu.be>
- Insert hoist sling under seated patient:  
<https://www.youtube.com/watch?v=HoUPLffXd2c&feature=youtu.be>
- Move patient up bed with slide sheet:  
<https://www.youtube.com/watch?v=RWJpWvkYXmE&feature=youtu.be>

**Note :** Please note that the handlers in this video are using a tubular slide sheet however in Gateshead we use flat slide sheets therefore recommend that two slide sheets are used together to reduce friction forces

- Slide sheet removal for tubular slide sheets:  
<https://www.youtube.com/watch?v=lqICOqMJG7Y&feature=youtu.be>

The same principle applies when removing a flat slide sheet  
Remove the slide sheet by turning one corner underneath the sheet and pass to the opposite side. The corner is then eased up and out. Ensure that the sheet is flat and turning on itself all the time. Take care when removing the slide and consider patient skin integrity when removing.

- Patient assists movement up the bed:  
<https://www.youtube.com/watch?v=-PDfstDGRG8&feature=youtu.be>

Instead of a tubular slide sheet as shown in the video , a flat sheet can also be folded in half and inserted in the same way.

- **Insert slide sheet without rolling patient:**

<https://www.youtube.com/watch?v=6Hc19Q3mucM&feature=youtu.be>

The same principle applies when using flat sheets however 2 flat slide sheets should be folded together and inserted using the same method as on the video

- **Recover patient off floor with chair:**

<https://www.youtube.com/watch?v=Lne8OJ8xd6Y&feature=youtu.be>

- **Hoisting patient off the floor:**

<https://www.youtube.com/watch?v=gjTF5D6hU5U&feature=youtu.be>

- **Using a stand aid hoist :**

<https://www.youtube.com/watch?v=khrysYS52vYU&feature=youtu.be>

#### **Manufacturer videos on use of equipment**

- **Use of the hovermatt system to recover patient off the floor:**

<https://www.youtube.com/watch?v=1uxlX7XQ08Y>

This equipment is available by contacting the Trust Medical Equipment Library

- **Use of Arjo Sara Steady :** [https://www.youtube.com/watch?v=Cnn\\_4Rpuq5E](https://www.youtube.com/watch?v=Cnn_4Rpuq5E)

- **Information on the Arjo Maxisky overhead hoist controls :**

<https://www.youtube.com/watch?v=4yJVH2rnehM>

- **Hoisting patient off the floor to bed (Additional video from YouTube)**

<https://www.youtube.com/watch?v=wqu7zFhGsqk>

#### **Additional External video**

- **Using slide sheets by Aidacare** [https://www.youtube.com/watch?v=O\\_0pglA201U](https://www.youtube.com/watch?v=O_0pglA201U)

#### **Acknowledgements**

Very special thanks to the South Tees NHS Foundation Trust Manual Handling Team for permission to use their videos as a training reference. Authored 25 3 2020