



METHODS OF HOLDING, MANUAL HANDLING EQUIPMENT & THERAPY EQUIPMENT

The following methods of holding and equipment are proven, safe and reliable.

Client Handling Sling
Mini Mover
Client Handling Belts
Bed/Draw Sheets. Towels. Transfer Netting
Upper Arm Hold
Waist Hold with Upper Arm Support
Palm-to-Thumb Hold
Palm-Avoiding-Thumb Hold

Raised Chair Raised Toilet Seats
Grab Rails Bed Levers
Transfer Boards Turntables
Hand Blocks Transfer Sheets
Rotunda

Sliding sheets are an integral part of a minimal/no manual handling policy. They allow the friction-free movement of a client on almost any surface, and help eliminate the need for carers to lift. One-way glide sheets work in the same way, but only slide on one direction.

Wheeled stools are excellent for reducing the height of a carer and maintaining a straight back whilst working with children. However, sitting does drastically reduce the weight guidelines for a load handled.

Wheelchairs increase the mobility and independence of a client, or assist the carer in transferring a client over long distances. Although there are various types of attachments for wheelchairs, there are three principal types of chair:

- Self-Propelling
- Pushing
- Electrically Propelled

Specialised buggies can also take many of the types of attachments found on wheelchairs.

Bath seats are a useful group of aids to bathing.

These holds, equipment and aids are often employed as an integral part of more complex client handling techniques, so familiarity with each of them is essential.

Remember!

Equipment or aids selected for a particular task should:

1. reduce the handling effort required from carers
2. be easy to operate
3. be capable of moving the client in safety
4. be capable of being used in its intended location
5. be in sound condition and properly maintained
6. be suitable for the condition and comfort of the client

The following pieces of therapy equipment are commonly encountered, and can present the carer with challenging manual handling problems.

- Ladderframes or Ladderback Chairs
- Standing Frames
- Wedges & Similar Aids
- Arrow Walkers
- Rollators & Walking frames
- Walking Sticks



REVISION QUESTIONS

Once again, having completed this unit, you should now fill in your answers to the revision questions for in the workbook before moving on.