

MH Information Sheet 2. Efficient Movement

High & Medium Risk Personal Movement Factors

Top heavy and twisted postures can be adopted at any point during a patient assessment from the initial contact (fig1) to putting the finishing touches to the move (fig2), both of these examples do not involve patient contact. These postures can be adopted for a number of reasons including the environment getting in the way (fig3) and approaching the client from a less advantageous angle (fig 4).



Figure 2. Initial Contact



Figure 2. Adjusting the pillows behind the patient



Figure 3 – Moving the bed away from the wall would have removed the bedside locker as an obstruction



Figure 4 – Taking a hold across the front of this patient would have removed the bed side as an obstruction

These postures are generally easy to avoid, if you are aware that you are adopting them, by following the guidance below.

Efficient Movement

1

Get **CLOSE**, on an **ANGLE**, **KNEES** relaxed, **FEET** offset

To come down, allow your **knees**, **hips** and **SPINE** to bend

2

To come back up, lead with your **HEAD**

NEEDLESS STRAIN

For further information please go to the **Moving & Handling** pages on **Staff Net**.

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