

PEOPLE HANDLING RISK ASSESSMENTS

A Balanced Risk Assessment considers and balances the needs and rights of the person and the health and safety of the carers.

In health and social care settings, manual and people handling risk assessments are carried out at four levels.

1 Organisational level
Consult the safety statement, manual handling policy, bariatric guidance etc.

2 Unit or department level
Generic assessments which establish if there are hazardous handling activities in this area.

3 Documented manual & people handling assessments
The specific risk assessments carried out when hazardous handling has been identified.

4 Dynamic risk assessment
The 'on the spot' assessment that staff undertake before moving a load or a person.



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Some factors to be considered when the load is a 'person' include

- mobility level and use of aids
- height and weight of the person (BMI)
- medical condition
- communication and cooperation
- balance and history of falls.

HANDLING PLAN

A documented **Handling plan** is developed for the person following the risk assessment. It outlines how the person will be assisted to move safely, and details:

- Number of carers required
- Handling equipment required
- Technique to be used
- Hoist and sling details

The risk assessment and handling plan should be reviewed regularly, particularly if the condition of the person changes.

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CHARTERED PHYSIOTHERAPISTS IN HEALTH AND SAFETY AND ERGONOMICS

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Office Ergonomics

Manual Handling

People Handling

Occupational Physiotherapy Solutions (OPS) is a QOI (FETAC) quality assured company providing consultancy and training services in the areas of people handling, manual handling and office ergonomics. The two directors Muriel Johnson and Lelia Jennings are chartered physiotherapists who have specialised in the areas of ergonomics and health and safety.

OPS provide a range of integrated advisory, training and support services to assist employers meet the requirements of workplace health and safety legislation.

These services include:

- Manual and people handling policy development and training
- Manual and people handling risk assessments and handling plans
- DSE/VDU workstation assessments for office staff
- Advice on office equipment and furniture
- Specialised ergonomic workplace assessments
- Assistance with return to work strategies and workplace accommodations

If you are interested in enquiring about any of our consultancy services or booking a place on one of our training courses please email us at info@oops.ie

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