

Full Lifting Mobile Hoists – Are We Missing Opportunities To Avoid Manual Handling?

Stream:

New ideas, new equipment, new policies: solution based approaches to address old problems

Presentation option:

Workshop

Authors: Aideen Gallagher¹,

¹Private Practice

Abstract:

Background:

Musculo-skeletal disorders (MSD) are a significant problem in people handling. No lift policies went some way to reducing the risk of injury and the introduction of full lifting hoist systems for non-weight bearing individuals was a prominent strategy under this policy. After 30 years of intervention however, there are still significant injuries in the people handling sector. Increased exposure to manual handling has been found to be a factor in the likelihood of injury. Whilst the provision of a hoist does reduce lifting, there are opportunities to decrease the exposure to manual handling when the hoist is matched to other equipment in place. Are we missing opportunities to get the best fit between equipment on prescription of the hoist thus avoiding manual handling?

Purpose:

This workshop will explore what best fit between equipment looks like and explore opportunities to get the most out of equipment as our disposal

Method:

Problem solving using full lifting mobile hoists available

Results:

This workshop will provide a framework for choosing the best hoist for the job, with the aim of reducing exposure to manual handling. It will outline when and why size of hoist matters in hoist selection.

Breaking Bad Habits – Anatomical and Environmental

Stream: Safety climate: culture change and systems approach to reduce injuries, changing behaviour and promoting safety

Presentation option: Oral

Authors: Kennedy, Thomas¹.

Abstract:

Background/Introduction:

Close examination of the upper limb while engaged in manual handling tasks revealed an ideal posture that can be easily replicated following a few simple principles relating to hand and arm position.

Purpose of presentation:

The purpose of this presentation is to share a simple but effective approach to manual handling with others who teach manual handling and to discuss the issues it raises in our current environmental context.

Methods/Intervention/Activity:

The intervention is to break habitual patterns of poor posture by using a traditional upper limb posture for pulling whilst pushing. This is achieved by approximating the anatomical position whilst engaging in manual handling activity.

Results/Outcome:

The result is to assume an upper limb position that maintains a balanced posture where body weight is carried by the skeleton rather than the muscles of the upper limb and to move the manual handling workload into the lower limb.

Discussion/Conclusion:

This technique was successfully trialled in Manual Handling training throughout Mary MacKillop Care SA over the last 12 months. The technique has implications for environmental / equipment design and provides (in the authors view) a much needed method for new habit creation in a relatively effortless way. The author would like to share the technique and have it critiqued by the community of Manual Handling professionals for further development.

Changing Body Awareness to Be Fit For Work Incorporating Feldenkrais Principles

Stream: Fitness for work

Presentation option: oral

Authors: Jane Morrissey¹

Abstract:

Background/Introduction: Moshe Feldenkrais was a physicist, engineer, black belt in Judo who developed a way of teaching movement that was functional and integrated, by increasing awareness. When searching for a back education system for health care workers, I spoke to a Feldenkrais practitioner who had reduced injury costs by \$250,000 after her intervention and where staff displayed improved work habits two years later. I used this information at the senior citizens village, with good results.

Purpose of presentation: Provide an overview of how I use ideas about body awareness from the Feldenkrais Method to assist health care workers use their body better and work with a neutral spine to help prevent back injury

Activity:

- a) Skeletal awareness of “sit bones” and feet in sitting to give four points of support
- b) Four hinges sitting to standing
- c) Soft knees in standing

Results/Outcome: Skeletal awareness can be used to improve base of support in sitting and standing to improve stability, endurance, mobility and strength. Skeletal awareness improves coordination when going from sit to stand and when lunging, and improves the ability to maintain a neutral spine under load.

Discussion/Conclusion: These concepts are now widely used. Weight lifting uses “sit to stand”, gyms teach “bum out” squats, personal trainers teach sit to stand as exercises to strengthen knees and reduce knee pain. Physios teach to keep a neutral spine at all times. Feedback from participants at patient handling classes state these ideas help them to either avoid back pain when working or to reduce existing back pain.

Can Induction General Manual Task Training Be Transferred To The Workplace?

Stream: Safety Climate

Presentation option: Oral

Author: Wendy Jacobsen

Affiliation one: North Metropolitan Health Service

Abstract Body

Background/Introduction: SCGH is the largest hospital in the North Metropolitan Health Service based at the QEII Medical Centre. It is 600 bed tertiary hospital that employs 5,500 staff to provide a comprehensive range of services to 420,000 patients each year. Like many disciplines, Catering and Cleaning staff attend Induction for General Manual Tasks, yet the knowledge and skills weren't adequately being transferred to the workplace.

Purpose of presentation: Is to outline the process used by Learning and Development when approached by the Patient Support Service to design and implement a Day 3 General Manual Tasks Induction session for Catering and Cleaning Staff to reduce the incidence of lost time injuries.

Methods/Intervention/Activity: Collaborative meetings were held between Learning and Development, OSH and Patient Support Services Cleaning and Catering staff. This enabled Learning and Development to understand Patient and Support Services needs, analyse the respective workplace locations to design the training content, and include OSH expertise to design the training and develop assessments to evaluate the transfer of learning from the training context to the hospital environment.

Results/Outcome: in April 2015, the newly designed Day 3 General Manual Tasks Induction for Catering and Cleaning commenced with a 3.5 hour training programme commenced. Some of the content is generic for the two workforce streams, and some is specific as the staff move to their respective training locations for 'on the job' training.

Discussion/Conclusion: Qualitative and quantitative data will be used to evaluate the success of the training 1 year after its inception.

Safety Climate: The What, How and Why it's Vital for Manual Handling

Stream: Safety Climate

Presentation option: (oral)

Authors: Jillian Adams¹

¹Royal Perth Hospital

Abstract:

Background/Introduction: Safety climate refers to the way employees do things. It captures local attitudes, values and practices, and is a window through which the practicality of safety visions, goals and policies of an organisation can be seen. Validated and reliable tools are available to measure safety climate, and workplaces with higher safety climate scores have lower levels of adverse events and safer behaviour.

Purpose of presentation: The purpose of this presentation is to provide an overview of safety climate and to explain associations between safety climate, work behaviours and workplace injury rates. The origin of the safety climate term, industries in which it has been studied and elements of validated data collecting tools will be presented. An evidence-base developed from studies in non-health industries, those exploring adverse patient events and factors observed in health and non-health industries, and in patient and health workers will be outlined. Finally the need to consider and incorporate safety climate into prevention programs, and the current research gap relating to safety climate and manual handling programs will be highlighted.

Methods/Intervention/Activity: Material for this presentation was obtained from an extensive literature search of robust studies conducted since 2000, including systematic reviews of safety climate activities within the health care sector.

Discussion/Conclusion: Consideration of safety climate is an untapped aspect of the multifaceted approach required for safe manual handling and the prevention of injuries. The presentation will challenge active exploration of the concept to improve safety behaviour.

Options for Positioning When the Surgeon's Say 'Don't Move'

Stream: New equipment – HoverTech (HT) Roller

Presentation option: Oral/workshop

Authors: Vicki White¹, Lisa Oakley¹, Suzanne Halbish¹, Liz Capell¹, Jane Elliott¹, Michael Larkin²

¹Alfred Health, Melbourne, Victoria

²Marlin Medical

Abstract:

Background: Mr S sustained a work place accident where he was working on the ground when a 6 tonne truck rolled over his abdomen/pelvis in April 2015. As a result of this incident Mr S required two rotational muscle flaps to his gluteal region which had necrotised. In addition, he sustained a comminuted fracture of his right fibula, urethral injury and a displaced open pelvic fracture (APC III Pelvic Injury). The surgical team required Mr S to lay prone or only on his right side as he was also non weight bearing, to ensure the viability of the new muscle flaps.

The purpose: To share a new innovative of using the HoverTech (HT) roller in-conjunction with the Hovermatt, to support a patient who has significant positioning restrictions.

Discussion: On reviewing Mr S's position restrictions and pressure area care needs; we were faced with this challenging situation due to the delicate nature of the surgery and the location of the rotational muscle flaps. This meant staff were required to manually position Mr S, which was requiring 4-6 staff members.

After consultation with Marlin Medical, they suggested using the HT roller and different ways of using the Hovermatt in-conjunction with the Roller. As a result we were able to implement a manual handling and pressure management plan that ensured a comfortable approach to positioning Mr S, that met his positioning restrictions, as well as significantly reducing the manual handling risks to staff when caring for Mr S.

Building a Bridge Takes the Right Materials

Stream: Safety climate: culture change and systems approach to reduce injuries, changing behaviour and promoting safety

Presentation option: (oral / workshop)

Authors: Pippa Wright¹, OHS Risk Management Consultant
CFMSIA RSP Aust CSPHP
Preventative Injury Planning P/L

Objective:

To explore initiatives using peer mentors to activate change and promote well being in the workplace.

Methods:

Peer mentors are the new army of change at the shop floor. Only they comprise Managers, Supervisors, Workers and Volunteers, all the same in the eyes of a peer.

When building this army for the likes of transferring skills and messages of importance in anything from injury prevention to affecting a cultural change, there are many battles to be fought. Change managers or reekers of havoc will solely depend on the one's we choose. In real estate we say Position, Position, Position, In building your peer mentor army its People, Personality and Perception, still the three P's.

Results:

This discussion is an interactive one on the peaks and troughs of a self directed journey and the many lessons learned along the way in building a peer mentor army and through peer mentoring, actualising real change and wellbeing in the organisational culture.

Conclusion:

The above abstract is heavily loaded towards reducing injuries of MSD (Muscular skeletal disorders), incidents of assault from clients and promoting healthy work life balance through wellness initiatives in the workplace. This process has also been tested in several walks of general industry and many examples of "how to" will be discussed with statistical results backing the movement.

The programs incorporate practical and theory learning styles mixed with tonnes of laughter and shedding of ones inhabitations, then we march!

Key Components of Effective Policies & Procedures for a Successful Patient Handling Program

Stream: Safety climate: culture change and systems approach to reduce injuries, changing behaviour and promoting safety

Presentation option: Oral presentation

Authors: Kent Wilson, CIE, CSPHP¹,

¹Safety Programs Director, HoverTech International

Abstract

Background/Introduction:

The lack of clear and user friendly policies are often cited in the literature as one of the main reasons why healthcare facilities fail to achieve their desired outcomes. Policies that are not clear, concise and consistent in their application cause confusion and lack of compliance from the caregiver. The vast majority of hospitals lack proper policies that have well defined responsibilities and accountability for all levels of staff and are often frustrated that they are not getting user compliance with their patient handling equipment or achieving real culture change.

Purpose of presentation:

The purpose of this presentation is to enable the learner to understand and incorporate the fundamentals of a successful patient handling policy that are often overlooked.

Methods/Intervention/Activity:

This will be a PowerPoint presentation with multiple examples.

Results/Outcome:

Attendees will be able to describe the key components of a clear, concise and consistent policy as well as identify the appropriate use of dependency descriptors. They will also be able to explain the basic rules of developing usable patient handling algorithm and describe the difference between a policy and an implementation plan.

Discussion/Conclusion:

This presentation will cover all of the basic components of a quality policy, including; Statement of purpose, goals, staff involvement, risk assessment and prioritizing, control selection and implementation, education and training, program impact assessment and management commitment and participation. Knowing what key tools to incorporate into a successful policy will drive compliance and positive outcomes.