



Moving & Assisting with Falls Prevention & Back Care



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Derby and Derbyshire
Integrated Care Board



Mid Mercia



Derby City Council

Supporting carers and their families throughout Derby City

Contents

Pages 3 & 4 - Back Care.

Page 5 - Potentially Harmful Postures.

Page 6 - Walking Assisted.

Page 7 - Supporting to Stand & Sit.

Pages 8 - Wheelchairs, Cars & Kerbs.

Pages 9, 10 & 11 - Falls Prevention.

For Non Urgent Community Therapy - to make referral 01332 564900

Urgent Manual Handling Queries - to make Urgent referral 01332 640777



**If you feel you need further advice and support,
please contact your GP or Social Worker**

Back Care

Common Injuries for Carers

It's essential to know about safe moving and handling so you don't hurt yourself or the person you look after.

The most common injuries carers get are back injuries. Injuring your back will limit your movement and your ability to care for someone. It could take a long time for you to recover.

Lifting someone incorrectly can also damage fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts.

There is support available...

- For advice and guidance on moving and handling, ask for an occupational therapy assessment.
- The council may also provide free equipment – such as hoists, stand aids, transfer boards or slide sheets – to make moving someone safer and easier.
- If you decide to buy any equipment, get advice beforehand from an occupational therapist or a social worker.
- Try any equipment before you buy it. If you're considering buying an expensive item, ask to use the equipment for a trial period in the home of the person you're looking after.

Back Care

Checklist

If you regularly lift or move someone, it's best to get training or have someone demonstrate the correct techniques.

Before attempting to move someone, ask yourself:

- do they need help to move?
- do they require help or supervision?
- have you told them you're moving them?
- how heavy are they?
- are you healthy and strong enough to move them?
- is there anyone who could help you?
- how long will it take?
- is there enough space around you?
- are there any obstacles in the way?
- are you wearing suitable clothing and shoes – for example, if you're on a slippery or damp surface?



If you've assessed the situation and have decided to move the person, make sure you:

1. Never lift above shoulder height
2. Keep your feet stable
3. Have a firm hold
4. Keep any weight close to your body
5. Keep your back in its normal position and bend your knees
6. Lift as smoothly as possible



Potentially Harmful Postures

**Risk of injury increases when postures are sustained for long periods or are repeated regularly.
Adding a twisting movement, a load, or a jerky/ sudden movement increases the risks still further**

Aggravated by:

- Sustaining
- Repeating.
- Twisting.
- Loading
- Jerky/ sudden movement

Other factors towards injury include:

Traumatic Injury:

Often caused by sudden movement where the muscles can be caught off guard.

Damage may occur to muscles, ligaments, joints, discs or nerves.

Degenerative Change:

Gradual wear and tear of weight bearing joints, often exacerbated by long periods of heavy lifting.

Psychological Factors:

Emotional stress is being increasingly recognised as a contributory factor. Stress may cause tightening of the neck and lower back muscles, and lower the attention span and reduce powers of judgement.

It is always advisable to check with your GP if **any** symptoms of back pain persists

Walking Assisted

Point to Consider:

If the person is using walking aids these should be of an appropriate type/size for them and they should have been taught how to use them correctly.

If the person you are walking with needs a little support, then position yourself to the side of them and place your hand in the small of their back, placing your other hand lightly on their shoulder.

This is much more stable than offering to link their arm with yours for support.

Remember:

- Can the person you are helping, help themselves at all.
- There should be **minimal weight** placed on you.
- Use your hands as a **guide** and walk slowly with the person.
- The person being supported should use their arms to help propel themselves.
- The person you're supporting should set the pace.
- Be aware of any dangers/hazards and give advance warning in a clear voice.

Supporting to Stand & Sit

Giving verbal instructions to support someone from a seated position to standing:

1. Ask the person to put their hands on the arms of their chair.
2. Ask the person to lean forwards.
3. Ask the person to move forward to the front of their chair using a side by side movement.
4. Ask the person to put their feet flat on the floor in a comfortable position and ensure their feet are just behind the line of their knees.
5. Ask the person to face the direction that they are going.
6. Ask the person to push up.

Giving verbal instructions to support someone from a standing to a seated position.

1. Ask the person to step back until they feel the chair on the back of their legs.
2. Ask the person to lower their body down.
3. Ask the person to feel for the arms of their chair.
4. Ask the person to sit down gently.

Wheelchairs, Cars & Kerbs

To put a wheelchair into a car boot:

(Reverse the process for getting the chair out of the boot.)

1. Apply the brakes, take the footrests off, remove the armrests.
2. Fold the backrest.
3. Close the chair
4. Pick the chair up by gripping the back and the front.

REMEMBER to use your knees to lift and keep your back in it's normal position.

5. Balance the chair on the edge of the boot (you may want to protect the car with an old blanket)
6. Re-adjust the hold on the chair and place into the boot.

Going down Kerbs:

REMEMBER to inform the passenger of what you are about to do and ensure a lap belt is fastened. Seek out nearest dropped kerb to follow these instructions - *if not available you may want to manoeuvre wheelchair backwards instead of forwards. Otherwise*

1. Take a firm grip of the push handles.
2. Place a foot on the tipping lever.
3. Push down on push handles and press foot down on tipping lever.
4. Ensure front castors are clear of the kerb.
5. Gently lower chair down the kerb whilst the chair is tilted on the back wheels.
6. Slowly lower the front castors onto the road so that the chair is in an upright position.

Falls Prevention

Approaching your Home:

HAVE YOU CHECKED:

- The walkways are smooth and level?
- The path is clear of clutter?
- The hedges and bushes are cut back?
- You have external/motion-sensor lighting?
- Any steps to the door have rails on either side?
- The threshold is low enough not to trip?

Hall/Stairs:

- Is there enough light to aid visability?
- Any missing light bulbs?
- There are light switches at the top and bottom of the stairs?
- There aren't any loose rugs you could trip on?
- The stairs are free of clutter?
- The stairs have sturdy handrails?
- The carpet isn't worn or frayed?
- There aren't any loose floorboards?

Falls Prevention

Living Room:

- There is enough light?
- Is every piece of furniture necessary? **Remember** that too many chairs and tables can block your path.
- The furniture is stable?
- There is at least one chair you can get in and out of easily?
- There is a clear path to walk through?
- Electrical cords run behind the furniture and not across the floor or under a rug?
- There are no cables you could trip on.?

Kitchen:

- The floor is clean of any liquid, grease or food spills?
- The things you use most often are within easy reach?
- You have a stepladder to reach things high up?
- You have a step stool/ladder with a handrail?
- Floor coverings are in good repair and securely fixed?

Falls Prevention

Bathroom:

- Are any rugs/mats non-slip?
- There is a non-slip mat in the bath?
- There are grab rails near the bath and toilet?
- The toilet paper is within easy reach?
- There is somewhere to sit if you feel dizzy?

Bedroom:

- Is a lamp close to the bed?
- Do you have a nightlight or torch?
- Is the path to the bathroom clear and well lit?
- Is there a phone near the bed?
- Are any rugs/carpets secured down?
- Is there a way to support yourself when getting in and out of bed, if it is needed?

If you or your Cared For need emergency help in a crisis situation - call 111 or 999

