

## Nursing and Quality

# Minimal lifting policy

**This hospital has adopted a minimal lifting policy to reduce the risk of injury to staff and patients.**

During your stay in hospital, you will be actively encouraged to do as much for yourself as possible. This is to promote and maintain your independence and to prevent the loss of your fitness due to long periods of inactivity. This will make the transition from hospital back to your own environment much easier.

Your ability to move will be assessed on admission. You will be expected to participate in moving yourself as and when required, within the limits of your ability. If you are assessed as needing support to move, staff will use appropriate handling and moving equipment to move you or to help you move. The use of this equipment will be fully explained to you before it is used.

With your co-operation any movement can be achieved with minimum effort by the staff and minimal discomfort to you. Under no circumstances will you be expected to do more than you are physically capable of.

Guidance from the Health and Safety Executive states that manual handling should be avoided if possible. This means that staff should not physically lift any patients, except in extreme circumstances. Where manual handling is required, the need for physical effort from staff should be reduced as much as possible by using appropriate handling and moving equipment.



## Patient Information

There is a high incidence of back injuries in health service staff. This minimal lifting policy ensures that we are acting in line with legislation and guidance to reduce this, as well as keeping patients safe.

If you have any questions or concerns with regards to this information please speak to your named nurse, or the person in charge of the ward or department, who will be happy to answer your questions and can explain our minimal lifting policy in more detail.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5164 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

### Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)

Document History	
Department:	Nursing and Quality
Contact:	26154
Updated:	September 2022
Review:	September 2024
Version:	3.3
Reference:	HIC/LFT/1136/10