

Special Interest Articles:

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Welcome

I appreciate the sense of humour that you all have... even when it is directed towards my lack of education in the field of English language. Three people pointed out to me the error I had made in the list of contents to the left of this column in the last issue. On page 3 we ran a story of a 40 stone woman who had apparently given

birth to triplets and a modular falls matt. I suspect the number who noticed was higher but not everyone likes to gloat on my mistakes (Ian Black especially made an issue out of it suggesting theories on how this could have happened).

In this the eighth edition of the newsletter for moving and handling

instructors, we have serious news relating to the death of a woman who fell from a bed and broke her neck.

Look out for the competition on the back page and our discount offer for key trainers on page 6.

Regards

Gavin Wright
TLC Managing Director

Woman died when fall from bed left broken neck undiagnosed

www.thisislincolnshire.co.uk/education/Bed-death-hastened-diagnosis-failures/article-281219-detail/article.html

When someone falls from bed, what should you do about it? An inquest has been told that it took doctors more than 28 hours to diagnose a disabled woman with a broken neck after she fell from her bed in a care home.

The Lincolnshire Echo reported that the family of Dorothy Paterson - who suffered from Multiple Sclerosis and cerebellar ataxia - believe that the delay in diagnosing the fracture contributed to her death a year later from pneumonia. However, this was not accepted in the final verdict, which was put down to complications resulting from accident.

According to the report, the inquest at Lincoln's Cathedral Centre was told that a nurse at Woodview Care Centre in Branston heard a noise on July 31st, 2006, and found Ms Paterson had fallen from her bed.

The nurse acted promptly, by using a hoist to lift the Mrs Patterson back on to the bed. She then called an ambulance to transfer Ms Paterson to the local hospital.

However, she arrived at about 5:30 in the evening, but was not seen until the following morning, when she was diagnosed with broken c-spine which left

her tetraplegic. Some months later she died from pneumonia.

The initial thought might be to blame the nurse for moving her prior to sending for the ambulance, however, the fact that three doctors missed the diagnosis themselves and it wasn't picked up for 28 hours following the incident suggests that the injuries were not immediately apparent. Nevertheless, this might serve as a warning to the rest of us to ensure that following a fall, the patient is thoroughly checked for injuries.



"an incredible amount of responsibility"

Have you ever considered hoisting to be dangerous? How about this.

A team from one of the US Air Force's rescue teams stationed in Afghanistan has revealed how they use their moving and handling skills to save lives.

In an article on Air Force Link, the official website of the US Air Force, the airmen of the 305th Expeditionary Rescue Squadron explained that they have flown over 300 medical evacuations for coalition forces and Afghan nationals since

March.

The men explained that they use HH-60 Pave Hawk helicopters and are currently stationed at Kandahar Air Base.

Lieutenant Brough McDonald explained that the team had to work together and remember their moving and handling training during rescue operations.

He added that the flight engineer is probably "one of the most critical team members" when it comes to hoisting people to safety.

Helicopter hoisting

<http://www.af.mil/news/story.asp?id=123112352&page=8>

"When I'm picking up a survivor on a hoist, I can't see him at all; everything I do is based on what the flight engineer is telling me," Lieutenant McDonald told the site.

"When we are in the zone, hovering taking small-arms fire with (pararescuemen) and a would-be survivor on the line, he is the one, whether he is a senior airman or a chief master sergeant, who is making decisions - that is an incredible amount of responsibility."

Compensation claim to pay for moving and handling equipment

<http://www.telegraph.co.uk/news/uknews/2661082/RAF-man-Robert-Uren-seeks-compensation-after-Its-a-Knockout-style-injury.html>



"Robert Uren fractured three vertebrae in his neck"

Still on the Airforce theme, a former RAF employee is seeking more than £6 million to help pay for moving and handling equipment, after he was injured in an 'It's a Knockout-style' game.

The Telegraph reported that Robert Uren fractured three vertebrae in his neck after slipping in an inflatable pool while trying to collect plastic fruit.

This incident took place while Mr Uren was taking part in a health education fun day at RAF High Wycombe.

As a result, he is now

wheelchair bound and suffers from severe spasms.

Now, Mr Uren has said that the compensation he received at the time is not sufficient for him to install moving and handling equipment and pay for the care he needs.

Solicitor Ben Rogers said the £201,250 lump sum originally offered to Mr Uren was totally inadequate. As a result, he has lodged a compensation claim against the Ministry of Defence and Corporate Leisure, the firm which provided the inflatable

equipment.

He told the paper: "The claim is for compensation to fund suitable accommodation, care, transport, aids and equipment, therapies and medical care for the rest of his life.

"It is very disappointing we were not able to meet with either party to discuss settlement and that neither were prepared to make interim payments to assist with rehabilitation."

Moving and handling needs 'ignored' at new leisure centre

http://www.watfordobserver.co.uk/news/3614843._They_ve_ignored_our_requests_/

Disability charities from Watford have said that the moving and handling requirements of some people have been ignored by the designers of a new leisure complex.

The Watford Observer has reported that a local disability group has slammed the newly opened £23 million refurbishment of the Central and Woodside sports centres, claiming that their designers have not considered the moving and handling needs of disabled users.

For example, the group said that the shape of the two swimming pools in the facilities make it nearly impossible for people with disabilities to use them without having to ask for specific help to use hoists.

In addition, the body has said that the amount of equipment in the gyms make it impossible for those with movement problems to easily move around the rooms.

As a result, Leigh

Hutchings, chair of the group, told the paper she was "extremely frustrated" by the problems.

What's more, the paper reported that there have also been problems with the moving and handling equipment that has been installed.

For example, one teenager with cerebral palsy was forced to wait in one of the pools for half an hour after the hoist system malfunctioned.



" the shape of the two swimming pools in the facilities make it nearly impossible for people with disabilities to use them "

Some places get it right

<http://www.journallive.co.uk/north-east-news/todays-news/2008/08/30/disabled-councillor-s-adventure-on-the-waves-61634-21636880/>

We might as well stay on the swimming pool theme because a local councillor from Northumberland with cerebral palsy has completed his mission to raise money to buy new moving and handling equipment at his swimming pool.

The Journal Live reported that Robert Arckless successfully learnt to surf as a way to raise money for the local Granary pool.

Mr Arckless added that he had wanted to prove that people with restricted movement could still learn new skills

and raise money for charity.

In total, the local politician raised £1,600 for the pool. The money will be used to fund a changing table for people who cannot dress themselves and a specialist hoist.

"I am somebody with a disability who has struggled for years to become a more confident swimmer and the Amble pool has helped me tremendously to do that," Mr Arckless told the paper.

"I am quite convinced my mobility problems would have been far worse if it was not for the swimming".

"Without the support of the swimming staff, the surf challenge would not have been possible."

Recently, disability charities from Watford slammed the design of a new leisure centre, as it did not make moving and handling easy.



"I am quite convinced my mobility problems would have been far worse if it was not for the swimming"

Two Schoolgirls show appreciation for nurse moving & handling skills

<http://www.thisisplymouth.co.uk/news/ACCIDENT-SURVIVORS-OPEN-NEW-CARE-UNIT/article-297011-detail/article.html>



Two schoolgirls have praised the skills of nurses at Derriford Hospital, and said that new equipment will improve care even more.

praise for the skills of the staff in the hospital and explained to the paper: "The intensive care team were able to work miracles in the old department. Imagine what they will be able to achieve here."

"I remember being lifted out of my bed with a hoist to be taken off for tests and scans. Now the equipment will come to the patient."

"patients won't have to be dragged around the hospital for tests"

The Plymouth Herald reported that Estelle Wood and Sarah Thom officially opened the hospital's £7 million critical care unit late last week (August 30th).

She added that the state-of-the-art equipment in the new ward would reduce the moving and handling tasks that the nurses would have to perform.

Recently, it was reported that a hospital in the Caribbean had spent £6,500 improving its moving and handling equipment.

Both the girls were injured in traffic accidents and had to spend significant amounts of time in the old facilities.

"There are more facilities in the new unit and the patients won't have to be dragged around the hospital for tests and scans," the teenager told the paper.

Ms Wood was full of

Back to school

<http://www.wellandtribune.ca:80/ArticleDisplay.aspx?e=1181413>



"Back(pack) to school"

Themes are running page by page this issue as this time we are considering that the kids are back to school shortly, if not already.

You will find tips on the above website which consider things such as size, material, padding, how to pack, use of straps and pockets, weight, wheels and handles.

weight from the shoulders to the more suitable area of the pelvic girdle.

No doubt they will be choosing, carrying & packing backpacks. This kind of daily stress and strain can lead to serious back pain, changes in posture and gait, and potential irritation and injury of the spine, joints, and muscles", said Dr. Dean Wright, President of the Ontario Chiropractic Association (OCA).

The suggestion the site gives is that no back pack should weigh more than 15% of an older child's weight and not more than 10% of a younger child's weight.

An increasing amount of children are experiencing backpack-related injuries", said Dr. Kristina Peterson, chair of the OCA's Public Awareness Programming Committee.

Hip straps can distribute the weight more evenly than shoulder straps alone, even taking as much as 70% of the

"Both children and parents need to know that this kind of injury can be prevented by keeping some simple tips in mind when shopping for a new backpack. "

US morgue forced to upgrade moving and handling equipment

No link available

The staff at one mortuary in the US have revealed that they have had to install improved and customised moving and handling equipment to help the deal with increasingly heavy bodies.

The Herald News reported that the Will County morgue recently hosts a web tour of its premises to show the public how the facility operates.

Coroner Patrick O'Neil explained to the

newspaper that part of the tour showed a new hoist system that had to be installed to cope with the rising number of obese bodies passing through the facility.

"The hoist is used for extremely obese people. We've had to move people [who weighed] over 800 pounds," Mr O'Neil said.

He added that the staff at the facility had even had to customise the moving and handling equipment to ensure it could deal with very

heavy bodies.

They also replaced the cloth straps that came with the hoist with plastic bands, as these were found to be "sturdier and easier to clean".

TLC recommend that if you ever need to adapt a machine you first seek out the reaction from the manufacturer. The reason is that all equipment is destruction tested and has to comply with your local countries "fit for purpose" rules. In the UK this would fall under PUWER and/or LOLER



"We've had to move people [who weighed] over 800 pounds"

Charity rock band raise money for hospice hoist

A charity drive from the Yorkshire Building Society has raised enough cash for a Yorkshire hospice to buy a new hoist to help its residents.

Staff from the building society formed a rock band to raise money for Oxenhope Sue Ryder Care hospice.

The gig generated more than £300, which was added to donations from the lender's charitable foundation. In total, the hospice received over £2,000.

According to the Keighley News, the

money has been used to purchase a new hoist to help patients with limited mobility get in and out of bed.

Sue Owlett, head of support services at Sue Ryder Care, explained to the paper: "The gantry hoist has helped us ensure that the people we care for on our in-patient unit are as comfortable as possible. Many of them have limited mobility. When people are admitted to the hospice they are assessed to see if they could benefit from using the hoist.

"If this is the case the hoist frame is constructed over their bed, where it remains

for the duration of their stay. This allows the individual to easily and comfortably be hoisted from their bed and moved to sit in a chair or wheelchair."



"In total, the hospice received over £2,000"

Discount for training key workers

www.movingandhandlinginstructors.co.uk



"Training pack is valued at £203 (free to course delegates) contact Gavin at TLC on 0191 5184488"

The cost of training key workers with an accredited qualification can be very high. Typically, a five day moving and handling instructors course with OCR accreditation will cost **£675 + vat** (£793.13) including OCR certification.

TLC are offering readers of this newsletter massive discounts in both the training of key workers and others who wish to gain an accredited qualification in moving and handling instruction.

Rather than paying per person, we are offering a course rate to academic institutions, NHS trusts and nursing home groups as well as to other organisations.

The course rate is £4200. Providing there are seven individuals on the course, this effectively reduces the cost per person by **£75 + vat**. However, if twelve (full course) individuals are placed on the course, this reduces the cost further to just **£350 a saving of £325 + vat** per person.

Not only does the course cost include OCR certification, comprehensive training materials are included also. Currently, the training pack includes, the **Instructors course notes 6th edition**, a **CD-ROM** containing an easily navigable presentation containing over 200 slides covering subjects such as legislation, duty of care, anatomy and physiology, risk

assessment and perception. A **100 minute DVD** which contains 17 mini-lectures of about 2 minutes each. Also moving and handling principles and techniques are demonstrated with their REBA scores clearly displayed. A **VHS** (while stocks last) of the DVD is also included. All contained in a sturdy presentation pack.

The next course will be held in Cambridgeshire at the Doddington Community Hospital the last week in October.

Newsletter subscribers who would like to attend this course may be eligible to a discounted price.

Print this page and fax back to (0191) 5184333 or call (0191) 5184488, or e-mail info@tlcworld-wide.com

I am interested in the following, please contact me;

- Online moving and handling training for care/nursing staff
- Online food hygiene training
- Online refresher training for moving and handling instructors

- Classroom moving and handling training for care/nursing staff
- Classroom moving and handling training for non clinical staff
- Classroom refresher training for moving and handling instructors

- [Moving and Handling Instructors Certificate \(5 days classroom\)](#) refers to the above
- Moving and Handling Instructors Diploma (7 - 12 days classroom + distance learning)

Name.....

Address.....

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Tel:.....

e-mail:.....

Best time to call.....

New Zealand hospital benefits from no-lift policy

<http://www.stuff.co.nz/manawatustandard.co.nz>

Sometime ago we went through the stage of blanket "No-lifting policies" in the UK, and although that was probably necessary to reduce problems at the time, the East Sussex case (available as a free download from our web site) highlighted the need to find a middle ground.

New Zealand are going through the same process, it will be interesting to watch over the next few years how they (or we) progress.

For instance, The Manawatu Standard reported that Palmerston

North Hospital have been instructed not to lift patients without the use of specialist equipment.

This includes a range of slings, walkers, trolleys and slippery sheets, as well as electric beds and hoists.

According to the paper, there were 99 staff injuries in 2003, prior to the no-lift rules. Since the beginning of this year, just 38 people have been hurt moving patients.

"I never believed we would get injuries down to this level," MidCentral

Health occupational health physician Ngaire Smidt told the paper.

"People are not designed to lift or support the weight of another person's body. And patients are awkward, they are slippery, and we don't want to hurt them."

"Some of the worst injuries I have seen happened when a patient grabbed a nurse around the neck," the physician added. "Many injured nurses left the workforce to raise a family and often did not return to work."



"People are not designed to lift or support the weight of another person's body"

Nurses negotiate better patient handling measures in Nevada

<http://www.sfgate.com/cgi-bin/article.cgi?f=/n/a/2008/09/12/state/n141002D17.DTL>

Registered nurses (RNs) at a hospital in America have negotiated an agreement with officials that is set to improve safe handling procedures.

The deal, brokered by nursing staff at Saint Mary's Regional Medical Centre in Reno, is expected to set a new standard for patient safety in Nevada.

Minimum RN-to-patient ratios will be established as well as limits on unsafe assignments where RNs do not have clinical expertise.

More safe patient handling procedures will also be introduced and a 29.5 per cent pay rise over four years is promised to the workers.

It is hoped that the measures will help retain RN staff at the facility and inspire other organisations to follow suit.

"We are so proud to be the first state outside of California to have achieved the California ratios in our contract," said Marylea Hall, a nurse at Saint Mary's.

Spokesperson Jill Furillo remarked: "The breathtaking improvements we have achieved, which are unprecedented in Nevada, will have a profound impact throughout the state."



"Minimum RN-to-patient ratios will be established as well as limits on unsafe assignments "

Competition



"The Australian Lift"

No-offence intended to our Australian subscribers I was merely pointing out that you are upside down in relation to us up here....

...I'll shut up.

We have a caption competition for you this issue. The **best 5 entries** e-mailed to us will each win one copy of TLC's Assisting People 2006 DVD (**originally sold for £117.50**).

The picture of choice is the one to the left of this article, however, we will also accept captions from any other picture in this issue (please let us know which one though).

I have given my attempt, but as I am excluded from the competition, please feel free to enter your own caption.

The winners will be selected before the next issue (probably in 3-4 weeks time) where we will print the winning entries.

You will want to know a little about the prize won't you.

It is TLC's Assisting People 2006 DVD. This is a 100 minute DVD which is aimed at instructors rather than students.

The production has the usual things you would expect from any moving and handling video such as the common ways to move people. It also though, has 17 mini lectures which last approximately 2 minutes each to remind you of some of the key points you may wish to highlight in your training sessions.

Each of the demonstrated principles have the REBA scores clearly highlighted. If you are not familiar with REBA or if it has been some

time since you last looked at the subject, there is a fifteen minute lecture showing how to use the paperwork to complete REBA assessments. It must be said though, that if you are not familiar with REBA, you should not rely on this product to bring you up to speed. It is an aide memoir, not a substitution for appropriate training. TLC will shortly be bringing to the market an online course for understanding REBA (watch this space).

All that is left now is for you to get you creative mind in gear.

Reply to this e-mail with your entry to the competition.