

HSC223 Contribute to moving and handling individuals (Level 2)

Elements of Competence

- HSC223a** Prepare individuals, environments and equipment for moving and handling
- HSC223b** Enable individuals to move from one position to another

About this unit

For this unit you will need to be able to move, handle and re-position individuals. You have a responsibility when you move and handle individuals that you do so safely and correctly to ensure your own safety and that of others.

Scope

The scope is here to give you guidance on possible areas to be covered in this unit. The terms in this section give you a list of options linked with items in the performance criteria. You need to provide evidence for any option related to your work area.

Communicate using: the individual's preferred spoken language; the use of signs; symbols; pictures; writing; objects of reference; communication passports; other non verbal forms of communication; human and technological aids to communication.

Moving and handling equipment can include: hoists; slides; slide sheets; slings; pillows.

Your **knowledge and understanding** will be specifically related to legal requirements and codes of practice applicable to your job; your work activities; the job you are doing (e.g. domiciliary, residential care, hospital settings) and the individuals you are working with.

Values underpinning the whole of the unit

The values underpinning this unit have been derived from the key purpose statement¹, the statement of expectations from carers and people receiving services, relevant service standards and codes of practice for health and social care in the four UK countries. They can be found in the principles of care unit HSC24. To achieve this unit you must demonstrate that you have applied the principles of care outlined in unit HSC24 in your practice and through your knowledge.

¹ The key purpose identified for those working in health and social care settings is "to provide an integrated, ethical and inclusive service, which meets agreed needs and outcomes of people requiring health and/or social care"

Key Words and Concepts

This section provides explanations and definitions of the key words and concepts used in this unit. In occupational standards it is quite common to find words or phrases used which you will be familiar with, but which, in the detail of the standards, may be used in a very particular way. **Therefore, we would encourage you to read this section carefully before you begin working with the standards and to refer back to this section as required.**

Active support	Support that encourages individuals to do as much for themselves as possible to maintain their independence and physical ability and encourages people with disabilities to maximise their own potential and independence
Hazards	Hazards are items with the potential to cause harm
Individuals	The actual people requiring health and care services. Where individuals use advocates to enable them to express their views, wishes or feelings and to speak on their behalf the term individual within this standard covers the individual and their advocate or interpreter
Moving and handling	This refers to techniques which enable the worker to assist individuals to move from one position to another. Moving and handling must be consistent with current legislation
Others	Are other people within and outside your organisation that are necessary for you to fulfil your job role
Rights	The rights that individuals have to: <ul style="list-style-type: none">• be respected• be treated equally and not be discriminated against• be treated as an individual• be treated in a dignified way• privacy• be protected from danger and harm• be cared for in a way that meets their needs, takes account of their choices and also protects them• access information about themselves• communicate using their preferred methods of communication and language
Risk	A risk is the likelihood of the hazards potential being realised, it can be to individuals in the form of infection, danger, harm and abuse and/or to the environment in the form of danger of damage and destruction

HSC223a Prepare individuals, environments and equipment for moving and handling

Performance Criteria

You need to show that,

1. you wash your hands and ensure you are wearing clothing and footwear that is safe for the **moving and handling of individuals**
2. prior to moving and handling individuals you check the care plan and the moving and handling **risk** assessments
3. you assess any immediate risks to individuals
4. where you think there is a risk that you cannot deal with, you seek advice from the appropriate people before moving or handling individuals
5. you support individuals to communicate the level of support they require
6. where the individuals preferences conflict with safe practice, you access support from the appropriate people
7. before you move and handle individuals, you ensure that they understand why they are being moved and handled in particular ways and how they can usefully co-operate in the procedure
8. you remove potential **hazards** and prepare the immediate environment for the proposed move in agreement with all concerned
9. you select agreed moving and handling equipment, and before use you ensure it is safe and clean
10. you seek appropriate assistance to enable you to move and handle the individual safely

HSC223b Enable individuals to move from one position to another

Performance Criteria

You need to show that,

1. you provide **active support** and encouragement for individuals to contribute to the moving process
2. you carry out moves and changes of position taking account of the individuals needs, preferences and their advice on the most appropriate methods and equipment
3. you use moving and handling methods appropriate to the individual's condition, your personal handling limits and the equipment available
4. you move and change individuals' positions in ways which minimise pain, discomfort and friction and maximise the individual's independence, self respect and dignity
5. where you are moving and changing the individuals' positions with someone else's help, you co-ordinate your own actions with theirs
6. following changes of position, you return furniture and fittings to their correct location
7. you return moving and handling equipment to its designated location ensuring it is clean, safe and ready for future use

8. you wash your hands and ensure your own cleanliness and hygiene after moving and positioning individuals
9. you observe, record and immediately report any significant changes in the individual's condition when you are moving them
10. you record details of methods of moving and handling which the individual finds acceptable according to legal and organisational requirements

Knowledge Specification for the whole of this unit

Competent practice is a combination of the application of skills and knowledge informed by values and ethics. This specification details the knowledge and understanding required to carry out competent practice in the performance described in this unit.

When using this specification **it is important to read the knowledge requirements in relation to expectations and requirements of your job role.**

You need to show that you know, understand and can apply in practice:

Values

1. legal and organisational requirements on equality, diversity, discrimination and **rights** when moving and handling individuals
2. the effect which personal beliefs and preferences may have the individual's preferences for moving and handling
3. why the individual's preferences on how they are moved and handled should be taken into account
4. conflicts which might arise between individual choice, good health, safety and hygiene practices, risk assessments and management and the individual's plan of care and how to deal with these
5. how to provide active support and promote the individual's rights, choices and well-being when moving and handling individuals

Legislation and organisational policy and procedures

6. codes of practice and conduct, and standards and guidance relevant to your own and the roles, responsibilities, accountability and duties of **others** when moving and handling individuals
7. current local, UK and European legislation, and organisational requirements, procedures and practices for:
 - accessing records
 - recording, reporting, confidentiality and sharing information, including data protection
 - health, safety, assessing and managing risks associated with moving and handling individuals
 - the management of risk from infection
 - working intimately with individuals
 - moving and handling individuals
8. how to access up-to-date copies of organisational risk assessments for moving and handling specific individuals

Theory and practice

9. key changes in the conditions and circumstances of individuals that you are moving and handling and actions to take in these circumstances
10. different types of equipment/machinery which are available for moving and handling
11. factors that need to be taken account of when using moving and handling equipment/machinery
12. why is it important to prepare the environment for moving and handling

prior to attempting to move and handle individuals

13. why it is important to use safe moving techniques, adhere to risk assessments and other information about moving and handling specific individuals and the possible consequences for the individual, yourself and others if you do not
14. potential risks to individuals, those assisting in the moving and handling; others within the environment and the environment itself if moving and handling is not carried out correctly (including procedures prior to, during and after you move and handle individuals)
15. sources of further help for moving and handling of individuals in different health and care settings
16. why individuals are moved to different positions
17. how to co-ordinate action when moving and handling as part of a team
18. why individuals should not be dragged and the relationship of this to the prevention of pressure sores
19. why the environment should be restored after the change of position
20. why it is important to maintain your own cleanliness and hygiene prior to, during and following moving and handling individuals