



Common Injury

Slipped Disc– Where the Intervertebral disc has been damaged. The liquid centre leaks through the disc surface, putting pressure on the spinal nerves.

Equipment-

Quick fixes you can get from the shop/ internet–

- Hippychick belt– for carrying small children.

- Plastic Steps– Helps small children reach themselves

Requiring Assessment for suitability-

Handling Belt

Turntable

Transfer Board

Slide Sheets

Bath-lift/ Support

Mobile Hoist/ Ceiling Track Hoist

Slings– Various styles for different needs

What to do if I need further help or an assessment of the moving and handling involved in my Childs care?

**Contact Somerset Direct on
0300 123 2224**

Select OPTION 1- Children and Families and request an Occupational Therapy

Assessment

Somerset County Council Children's Services - Inclusion Somerset

B2 South, County Hall, Taunton,
Somerset TA1 4DY

Tel: 01823 357000



Moving and Handling Information

*Children's Occupational Therapy
Team*



**'Promote inclusion, build
independence, and value
individuality'**



**Things to consider when moving
and handling your child**

THINK BEFORE YOU LIFT

A little time spent planning can often minimise the moving and handling involved in a task/activity. Think about what you are trying to achieve.

TASK– What do you need to do? What does this involve?

INDIVIDUAL (PERSON CARING)- Do you have any health concerns? Consider clothing and footwear to ensure ease of movement

CHILD (LOAD)- Height & weight? Can they help/ what can they do themselves? Are they unpredictable? How do they communicate?

ENVIRONMENT- Are there any barriers– things in the way? What is the flooring, lighting and temperature like?

Considerations when preparing to move and handle.

BASE TO FACE-

FEET– have a stable base of support, feet hip width apart. Stand close to what you are handling but prepare to move your feet if needed.

LEGS– bend your knees not your back as the legs have larger and stronger muscles.

BACK/ SPINE– maintain the natural curve of your spine (see diagram). Try to not twist or stoop.

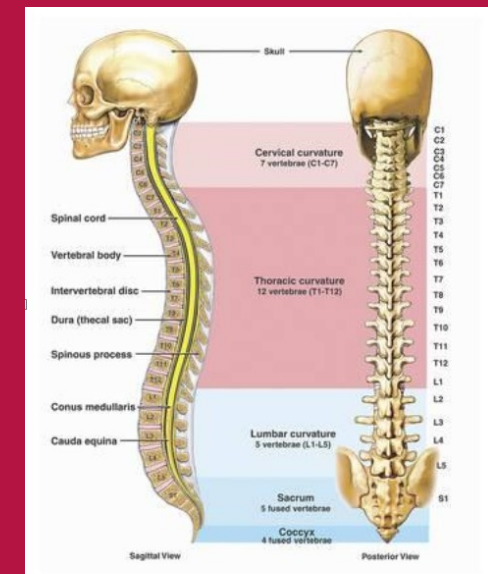
ARMS– keep arms in close to the body for as long as possible to reduce strain on the back.

HANDS– Have a secure hold on what you are moving and keep it close to the body.

Consider your posture when doing any moving and handling task (including daily activities)

Your back (spine) consists of:

- Vertebrae (bones)
- Intervertebral Discs
- Spinal Nerves



This shows the natural curves of the spine– you need to maintain these when moving and handling.