High & Medium Risk Personal Movement Factors

Top heavy and twisted postures can be adopted at any point during a patient assessment from the initial contact (fig1) to putting the finishing touches to the move (fig2), both of these examples do not involve patient contact. These postures can be adopted for a number of reasons including the environment getting in the way (fig3) and approaching the client from a less advantageous angle (fig4).

These postures are generally easy to avoid, if you are aware that you are adopting them, by following the guidance below.

Efficient Movement

1. Get CLOSE, on an ANGLE, KNEES relaxed, FEET offset
2. To come down, allow your knees, hips and SPINE to bend
3. To come back up, lead with your HEAD

For further information please go to the Moving & Handling pages on Staff Net.

MH Information Sheet 2. Efficient Movement (V1), available on Staffnet, Info Centre, Health & Safety, Moving and Handling pages