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**Supporting & Promoting Safer Moving & Handling Techniques**

**Becoming a Moving & Handling Champion (2023)**

**Moving & Handling**

**Some facts and figures 2021/22**

**477.000**

**workers suffering from a work-related musculoskeletal disorder (new or long standing)**

**42%**

work related musculoskeletal disorders are related to back problems

**7.3 million**

**working days lost to work-related musculoskeletal disorders.**

**139,000**

Workers suffering from a new case of work-related musculoskeletal disorder

**The actual costs of being injured at work go beyond the financial and physical pain that may be experienced. There can be a significant impact on family, colleagues, and mental wellbeing.**

**For patients, being handled incorrectly can cause friction leading to skin damage, shoulder and neck injuries, cause bruising or cuts and exacerbate existing breathing difficulties.**

**At BTH, ff we can help to make sure that we implement and promote safer moving and handling practices on a day-to -day basis, then we can reduce the chance of injury to ourselves, colleagues, and patients.**

New starter feedback

If you are dedicated to supporting the Trust in being pro-active to reduce the chance of injury due to incorrect moving and handling techniques, then do consider becoming a…

**Moving & Handling (M&H) Champion**

For many of our staff, moving and handling is akey part of the working day;from moving equipment, laundry, catering, supplies or waste to assisting with patients’ mobility. Incorrect moving and handling practice can lead to pain, discomfort, and musculoskeletal disorders, which can lead to requiring time away from work to recover or an inability to work.

By undertaking manual handling training, we can instruct and demonstrate to colleagues’ safer ways to carry out the moving and handling tasks required within their roles. This can assist in reducing the risk of injury to patients and staff.

By becoming a **M&H Champion** you can ensure BTH staff are effectively trained to carry out M&H duties safely. As part of this voluntary role, you will be trained to deliver M&H training, share best practice in M&H techniques, and educate where any incorrect practice is observed.

You will be the ‘go to’ person in your area for any concerns that may be raised in relation to M&H practices or equipment and will remind colleagues of their responsibilities in remaining compliant in their M&H training requirements. **You can always seek guidance and assistance from the BTH M&H Advisor when required.**

This will help provide a safer working environment, promote safer handling techniques to ensure safe patient care while minimising the risk of injury for both staff and patients.

**The Trust M&H Champions** are dedicated to influencing best practice, confident to challenge inappropriate patient handling techniques, ensuring equipment and aids are used both efficiently and correctly when required. Encouraging staff to take ownership of their own safety and wellbeing promoting safer working practices for patients and colleagues.

If this sounds like you, then consider applying to become a **M&H Champion**. Please read the following information, discuss with your line manager, and complete the attached nomination form and return to the M&H Trainer/Advisor [sharon.bryson-walsh@nhs.net](mailto:sharon.bryson-walsh@nhs.net)

**Requirements & Responsibilities of a Moving & Handling Champion**

**Training Delivery / Compliance**

Have a genuine interest in M&H training and promoting best practice

Maintain own Core Skills Training and M&H champion training requirements.

Ensure staff within you ward/ department /area is compliant is all aspects of M&H training.

Commit to an initial 2-day M&H Champion training course, with a 1-day refresher course every 2 years (people & objects champions).

Commit to an initial 1-day training course, with a ½ day refresher course every 2 years (objects only champions).

Schedule training in your own area with the aim to reach 100% compliance.

Where possible, assist the BTH M&H Advisor, and commit, to 2 full days (or 4 ½ days) per year, to deliver on the M&H rolling programme for new starters. This will also ensure your skill remain up to date.

Undertake practical handling and equipment competency assessment checklists for staff who have recently completed the M&H L2 refresh e-learning module.

Keep accurate delegate signed records of training attendance.

**Day-to-Day**

Promote good practice, and provide advice, education, and support to colleagues within the workplace.

Observe M&H techniques within your work environment and provide guidance and training for incorrect techniques and practice.

Escalate ongoing concerns to the BTH M&H Advisor.

Be familiar with and promote the use of local M&H policies, procedures, and guidelines.

Be responsible for practising safely with the appropriate professional code of conduct and maintaining own registration where applicable.

Maintain up to date knowledge on the safer M&H techniques and practices.

Attend champion update meetings as requested, providing updates and feedback as applicable.

Disseminate any new guidance as required by the Trust.

**At all times** – Be inclusive of all learners/colleagues, remaining aware of culture differences and diversity; remaining non-judgemental, showing respect for differing view, and not undermining any colleague during training or in the workplace.

**Moving & Handling Champion**

**Application Form**

**Before completing this form, please discuss the requirements and responsibilities of the M&H Champion role with your manager.**

**Application Form**

|  |  |  |
| --- | --- | --- |
| **Nominee’s Details** | | |
| **Your Name** |  |
| **Job Title** |  |
| **Work Area (Department / Ward)** |  |
| **Division** | \*Delete as applicable  **CSS / Corporate / IMPF/ Fac Man / R&D / SACCT /**  **Tertiary** |
| **Site** |  |
| **Email address** |  |
| **Telephone Number** |  |
| **Is your Core Skills training up to date?** |  |
| **What are your reasons for requesting to be a Moving & Handling Champion?**  **Please provide details below** | | |
|  | | |

**Moving & Handling Champion Application Form**

**Line Manager Information & Confirmation**

|  |  |
| --- | --- |
| **Information for Line Manager** | |
| **Benefits to the TEAM in supporting a M&H Champion**   * The M&H Champion will be able to provide update/assurance on M&H training compliance for their ward/area. * They will promote best M&H practice, observing and providing support and guidance where incorrect practice is noted. * The champion can escalate any ongoing concerns or specific training needs to the M&H Advisor. * They will disseminate any new guidance as required by the Trust to the team.   **Benefits to the TRUST** **in supporting a M&H Champion**   * By delivering training, on the rolling programme for new starters to the Trust, the M&H champion will be supporting the Trust in ensuring training compliance, and training staff to be competent and confident in M&H techniques. * Training our staff how to safely carry out required M&H tasks, can reduce the risk of injury to patients and staff. This should reduce the number of workdays lost due to injury, and the associated costs to both the Trust and staff. | |
| **Line Manager’s details and confirmation** | |
| **Name** |  |
| **Job Title** |  |
| **Work Area (Department / Ward)** |  |
| **Email address** |  |
| **Telephone Number** |  |
| **Line Manager Confirmation**  I support this application for the named individual to become a M&H champion, and the requirements and responsibilities of the role.  Once initial Champion training has been completed, I agree to:   * The Champion attending M&H Champion meetings as requested. * The Champion scheduling, training / assessments in their own area with the aim to reach 100% compliance. * Where possible, assist the BTH M&H Advisor, and commit, to 2 full days (or 4 ½ days) per year, to deliver on the M&H rolling programme for new starters. *\*Champions will be made aware to book these dates in advance and ensure their line manager is aware, with any required staffing arrangements in place.* | |
| Line Manager Signature |  |

Please return this form to: [sharon.bryson-walsh@nhs.net](mailto:sharon.bryson-walsh@nhs.net)

The M&H Advisor will make contact with regards to the next steps and champion training dates.