

Moving and Handling

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How you can help your Care Assistant take the strain out of helping you move safely

Safe moving and handling

We aim to

- help you move about more easily and safely
- ensure the safety of the people helping you by avoiding unnecessary risks

Help us take the strain out of helping you to move safely

If you have difficulty ...

- getting in or out of bed, or turning over when you are in bed
- sitting up in bed or getting up from a chair
- getting in or out of the bath or using the toilet
- getting into the bedroom or bathroom in the first place, or even
- getting in or out of your home ...

then we may have advice and equipment which will help us help you.

We can help you to identify any assistance you might need to move about more easily and safely, and you can help us by:

- telling us if you are unsure of anything so we can explain or discuss things with you
- following the handling assessment and plan drawn up for you
- using the equipment recommended to move you safely.

If you decide not to follow the handling assessment and plan, the well-being of your Assistant will be put at risk and may mean that we are not able to provide you with the care you need.

We want you to be as independent as possible but we also have a legal duty to ensure the safety of our Care Assistants.

So please follow the advice on your handling assessment and plan to ensure you remain safe and remember that, by helping yourself, you help us to move you safely.

If you have any further questions please contact **Care Direct 0845 1551 007**

A large print version of this factsheet is available on www.devon.gov.uk/largeprint-factsheets but if you would like it in a different format such as Braille or audio, or in a different language, please contact our Customer Service Centre on 0845 155 1015 or email customer@devon.gov.uk.

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