

**Care Direct**  
0845 1551 007

# *factsheet*



## **Moving and Handling**

**Factsheet 299 - 03 March 2010 (2 Pages)**

**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**

**If you would like this factsheet 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](mailto:customer@devon.gov.uk).**

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