

Books And Publications

This list contains books, publications and websites you may find interesting. If you find anything you think should be added to this list, please let us know.

PUBLICATIONS ON LEGISLATION

Manual Handling in Health and Social Care. An A-Z of the Law, By Michael Mandelstam

HSE Manual Handling - Guidance of Regulations (Manual Handling Operations Regulations) 3rd Edition 2004. Available from HMSO or HSE books. Tel: 01787 881165 or

www.hsebooks.co.uk

Management of health and safety at work regulations 1999 - Approved Code of practice and Guidance. £8 Available from HMSO or HSE books.

Safe use of lifting equipment regulations 1998 (LOLER) - Approved code of practice and guidance. £8 Available from HMSO or HSE books.

Safe use of work equipment regulations 1998 (PUWER) - Approved code of practice and guidance. £8 Available from HMSO or HSE books.

SIMPLE GUIDE TO THE LOLER (see above) and PUWER REGULATIONS A short leaflet from the HSE. Free for single copies or available to buy in packs of 15 from HSE Books ISBN: 0 7176 2430 7. Available from HMSO or HSE books.

Display Screen equipment work - guidance on regulations (Health and safety (display screen equipment) regulations 1992. reprinted 2000. £5.75 Available from HMSO or HSE books.

ROYAL COLLEGE OF NURSING PUBLICATIONS & DOWNLOADS

Code of Practice for Patient Handling. 2002, Royal College of Nursing (Re-order code 000 604) Introducing a Safer patient Handling Policy. 2002, RCN (Re-order code 000 603) Manual Handling Assessments in Hospitals and the Community. 2001, RCN (Re-order code 000 605).

Available FREE from RCN Direct Tel: 0845 772 6100 or downloadable from the RCNOnline web site: www.rcn.org.uk

RCN - Safer Staff, Better care (Code: 001 975) RCN manual handling training guidance and competencies. Available from RCN Direct Tel: 0845 772 6100 or downloadable (for RCN members) from the RCNOnline web site:

<http://www.rcn.org.uk/members/downloads/saferstaff.pdf>

Changing Practice - improving health (Code: 001 255) An RCN leaflet detailing an integrated back injury prevention programme for nursing and care homes. Available from the RCN (see above) or downloadable for RCN members:

http://www.rcn.org.uk/members/downloads/changing_practice.pdf

The Guide to the Handling of People (5th Edition) 2004 £40 + £5 P&P

Available from Backcare, 16 Elmtree Rd, Teddington, TW11 8ST. Tel: 0208 977 5474

www.backcare.org.uk

HSE PUBLICATIONS

HSE Handling Home Care ISBN: 0-7176-2228-2 £9.50. Available from HSE books

Safer Handling of People in the Community £16.99+ £3.10 P&P. Available from Backcare 16 Elmtree Rd, Teddington, TW11 8ST. Tel: 0208 977 5474 www.backcare.org.uk

HSE Manual Handling Assessment Charts. ISBN: 0 7176 2741 1A Free leaflet for assessing load handling tasks. Available from HSE books or downloadable from their web site

HSE Health and Safety in Care Homes ISBN: 0-7176-2082-4. Available from HSE books

HSE Manual Handling - Solutions you can handle. Available from HSE books

Manual Handling in the Health Services £9.75. ISBN: 0-7176-1248-1. Available from HSE books

CHARTERED SOCIETY OF PHYSIOTHERAPY (CSP) PUBLICATIONS

Guidance in Manual Handling for Chartered Physiotherapists £5. Available from the CSP
Tel: 0207 306 6666 or downloadable from the CSP website www.csp.org.uk

OTHER USEFUL BOOKS AND PUBLICATIONS

Essential Back-Up £5. Recommendations for setting up effective back care/manual handling programmes. (Updated in September 2002). Available from National Back Exchange Tel: 01327 358 855

The Biomechanics of Back Pain ISBN: 0-443-06207-2 £27.99. Available from Russell Medical Tel: 01684 311444

Safe Manual Handling: A Gower Health & Safety Workbook By G Roberts-Phelps £21. Available from Amazon: www.amazon.co.uk

Safer Handling and Moving Techniques (a training handbook) by Y. Dereix & J McManus. £18+ £2.50 P&P. Available from HPSC Tel: 01943 431 999

Paediatric Manual Handling - Guidelines for Paediatric Physiotherapists. Available from Association of Paediatric Chartered Physiotherapists

Paediatric Moving and Handling - Report on Workshops. Available from National Back Exchange, Essex Group

Teaching, Training and Learning - a practical guide (4th Edition) by I Reece & S Walker ISBN: 1 901888 17 7. Available from Business Education Publishers Ltd

Evidence-Based Patient Handling Tasks, equipment and interventions. By S Hignett et al. ISBN: 0-415-24632-6. Routledge, Taylor & Francis Group

Managing Back Pain and For Your Neck (self help manuals). Available from Saunders (UK) Ltd, Tel: 01323 833 353

Disability, Oppression and Public Policy by Sue Cunningham. ISBN: 0 9538609 0 6 £9.95
Available from Independent Living (Keighley) PO Box 275, Keighley LDO, BD22 9YS

VIDEO

Unsafe Patient Handling Techniques Short informative video. £26.50 for National Back Exchange members, £31.50 non members. Available from Essex Group, National Back Exchange, c/o Pam Watson-Jones, 68 Windermere Ave, Hullbridge, Essex, SS5 6JT. Tel: 01702 232376

DOWNLOADABLE PUBLICATIONS

RCN Manual Handling Training Guidance. 2002 Funded from a research grant by Liko (UK) Ltd. www.rcn.org/professional/publications/manual-handling.rtf

Nursing & Midwifery Council. Practitioner/client relationships and the prevention of abuse <http://www.nmc-uk.org/nmc/main/publications/pcr.pdf>

Good practice in Infection Control. A free downloadable leaflet from the RCN: <http://www.rcn.org.uk/publications/pdf/goodpracticeinfectioncontrol.pdf>

Resuscitation Council (UK). Guidance for safer handling during resuscitation in hospitals www.resus.org.uk

Computer Workstation Set-up. Nice colourful poster - free to download www.ergonomics.co.uk/training_resources

Understanding Ergonomics at Work. A free HSE leaflet downloadable from the HSE website: <http://www.hse.gov.uk/pubns/indg90.pdf>

Working with VDU's (Visual Display Units - or Computers!). A free HSE leaflet. <http://www.hse.gov.uk/pubns/indg36.pdf>