

Appendix 2: Controversial Techniques

The following manual lifts pose a high risk of injury to staff and patients, therefore are classified as unsafe and must not be undertaken within NHS Fife:

- Drag Lift – (axilla, auxiliary, underarm or through-arm lift)
- Australian lift – (shoulder lift)
- Orthodox lift – (cradle lift, traditional, armchair)
- Neck hold (any hold involving patients arms around the carers neck)
- Through arm – (hammock, top and tail)

Full body manually lifting of patients restricts a patient's independence and poses a high risk of musculoskeletal injury to both patients and carers. In almost all situations, it is possible to replace the full body manual lifting of patients with safer alternative practice such as hoisting, the use of stand aids, slide sheets or small handling equipment etc. If staff require support with this process they may contact the Musculoskeletal Team for expert advice.