



Service Priorities and Programmes
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A “Caring for the Carers” approach in reducing Manual Handling Operation Injury in TBCU

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Introduction

Since 2014, there were a total of 10 IOD injury in TBCU when the staff were conducting manual handling operations, constituted nearly 50% of the total IOD in the same period. Staff are the valuable assets of the department, therefore a series of initiatives planned to be rolled out to minimize the MHO hazards so as to reduce the IOD incidents

Objectives

1. Adopted a “Caring for the Carers” approach in IOD prevention programme can foster a behavioural-based safety culture
2. Enhancement of staff’s self-alertness on health status and facilitate them to strengthen themselves to sustain a lifelong occupational health behavior.

Methodology

Formation of working group with collaboration of PT to set up feasible plans :

1. Conduct a survey to evaluate the status of Low back pain among TBCU staff
2. Arrange interviewing sessions with staff with risk of MHO injury with PT with training arranged as according to individual condition
3. Strengthen the Manual handling operations safety for supporting staff by education , regular audit on compliance

Result

1. “Zero” report of IOD incidents arising from manual handling operations from May 2016 to 31 Dec 2016
2. 11 staff will be arranged to attend the training session provided by Physiotherapy Department, with emphasis on correct exercises, warm-up and stretching exercises.