



SESSION

Tuesday

F 1.30 pm and F 2.30 pm

Larry Guscoth

Qualifying in 1979 as Chartered Physiotherapist, Larry progressed through to career specialisms in Elderly Care and Psychiatry before becoming a Back Care Advisor at Good Hope Hospital in 2000

He was promoted to Senior Manual Handling Advisor in 2007 following Good Hopes' merger with Birmingham Heartlands to form the Heart of England NHS Foundation Trust. He has had a special interest in the impact of stress on coping and performance for a number of years.



Manual Handling and Stress : why are we losing the battle

Are we missing a trick? Are there some things we could be doing but aren't, and is our strait-jacketed thinking about what constitutes manual handling actively contributing to the poor levels of compliance and associated incidence of manual handling injury?

The simple answer is yes!

Research is available identifying the causal relationships between stress and the incidence of manual handling injury, but is this reflected in manual handling practice?

How could our practice in information dissemination, training and awareness raising be broadened to reflect this additional factor?

Have we just accepted workplace-stress as a natural corollary of the universally relentless work pressures, or perceived it as something outside the remit of manual handling?

This abstract seeks to put forward a practical, 3 point model utilising the work of Borysenko and Benson. This can be integrated into manual handling practice and help advisors to enable handlers to better cope with the stresses of work, reducing the likelihood of injury.