

A reflection on updating moving and handling practice for complex community settings

DATE

9 June 2026

PROVIDER

OT Moving and Handling Ltd

STUDY TIME

3.5h

REFLECTIVE STRUCTURE

Rolfe

LEARNING ACTIVITY TYPE

Work-based Learning

WHAT?

I recently engaged in a half-day update session dedicated to moving and handling techniques, specifically focusing on their application within complex community-based scenarios. The training provided detailed insights into crucial areas such as comprehensive risk assessment, the selection of appropriate hoists and slings, and the execution of safe and effective bed and chair transfers. Furthermore, the session addressed important considerations for implementing single-handed care, emphasised the necessity of accurate and thorough documentation, and explored strategies for effectively communicating identified risks to service users, their families, and other involved care providers.

SO WHAT?

This update has significantly deepened my understanding of risk assessment within moving and handling, particularly highlighting the nuances required for varied community environments. I now appreciate that a truly comprehensive assessment must go beyond superficial checks to a more detailed evaluation of both environmental factors and individual service user needs. The session underscored that selecting the correct hoist and sling is not a generic process but is intrinsically linked to specific service user conditions, directly impacting safety and dignity. My perspective on the importance of clear, accessible communication regarding moving and handling risks has also been enhanced; I recognise this as being as vital as the physical techniques themselves, fostering a shared understanding and safer practice among all parties involved. The specific focus on 'complex community situations' has reinforced the understanding that standard protocols may not always suffice, necessitating bespoke solutions tailored to individual circumstances.

NOW WHAT?

Moving forward, I intend to refine my personal risk assessment checklist to more explicitly incorporate considerations for complex community scenarios, ensuring alignment with the updated training on equipment selection and single-handed care. I will also develop a more structured approach to communicating moving and handling risks to service users and their families, aiming for enhanced clarity and comprehension of the rationale behind recommended techniques and equipment choices. Finally, I am committed to improving the detail and accuracy of my moving and handling documentation, ensuring it comprehensively reflects the risk assessments undertaken and the interventions planned, in accordance with current best practice guidance.

PROFESSIONAL STANDARDS MAPPING

Keep their skills and knowledge up to date and understand the importance of continuing professional development throughout their career

This reflection demonstrates a commitment to keeping skills and knowledge up to date through participation in a specific update session on moving and handling techniques, recognising the importance of continuous professional development.

Understand the need to identify and assess diverse occupational, physical, psychological, cognitive, cultural and environmental needs and problems of service users and carers

The reflection shows an awareness of the need to identify and assess diverse occupational, physical, and environmental needs, particularly in complex community settings, which directly informs safe moving and handling practices.

Understand and apply appropriate moving and handling techniques

The training directly addressed and updated my understanding and application of appropriate moving and handling techniques, with a specific focus on risk assessment and equipment selection for complex situations.