






Table 2 Annex C

Sources of physical loads	Stage 1 The standard	Stage 2 How can we make this clearer? Operational tools	Stage 3 Practical criterion	Stage 4 The requirement
Source 1: Repositioning within the limits of the bed and horizontal transfers 	Do not lift more than 23 kg under ideal conditions [NIOSH standard] Do not push/pull more than 15 kg per hand, or 25 kg with two hands [Mital] Do not pull more than 5 kg if the force is through the fingers [Mital].	DynaDisc Mobility Gallery	The patient / resident can move themselves in bed with some help	Minor aids (a trapeze, for example) and an electric height-adjustable bed must be used
			The patient / resident has little ability to help during the transfer	A roll or sliding sheet and an electric height-adjustable bed must be used
			The patient / resident is totally passive	An electric height-adjustable bed must be used in combination with sliding sheets A turning bed / mattress is a good option for changing a lying position too
Source 2: Patient transfers to and from bed, chair/wheelchair or toilet 	Do not lift more than 23 kg under ideal conditions [NIOSH standard] Do not push / pull more than 15 kg per hand, or 25 kg with two hands. Do not pull more than 5 kg if the force is through the fingers [Mital]	DynaDisc Mobility Gallery	The patient / resident can stand up, stand and walk more or less independently, but is uncertain	Assistance from a carer is necessary, possibly with an aid such as a standing and walking frame or a turning disc
			The patient / resident cannot stand up or stand independently, has some body balance and can support themselves a little with their legs	An active lift must be used
			The patient / resident has insufficient body balance and cannot support themselves with their legs	A passive lift must be used This can be a ceiling-mounted system
Source 3: Putting on and taking off support stockings 	Do not pull more than 15 kg in a favourable posture Do not pull more than 5 kg in an unfavourable posture or if the force is through the fingers. <i>And see Source 4</i> [Mital]	StatMan	The patient / resident wears therapeutic elastic stockings of Class 2 or higher	An aid for putting on and taking off must be used
Source 4: Static loads (working in difficult postures) 	Not longer than 1 minute with the trunk rotated, or with the trunk bent and/or rotated more than 30° [Chaffin]	StatMan ¹⁾	The patient / resident is showered sitting down	A height-adjustable shower chair must be used*
			The patient / resident is washed / cared for in bed	An electric height-adjustable bed must be used*
			The patient / resident is showered lying down	A height-adjustable shower stretcher must be used*
			The patient's / resident's wounds are dressed for more than 1 minute	A height-adjustable aid (bed, shower chair / stretcher) is required preferably with, in the case of dressing leg wounds, a wound dressing stool
			The patient / resident is bathed	A height-adjustable bath must be used
Source 5 Manoeuvring rolling equipment 	Not more than 20-25 kg (when getting it moving) [Mital]	The six Cart questions	One or more of the six questions is answered with 'No'	The items answered with 'No' must be changed, so that all questions can be answered with 'Yes', or the force must be demonstrably less than 20 kg (200 N), or the manoeuvre must be mechanised

Source: Guidelines for Practice NL, Working package tackling physical load [Knibbe J.J. 2002]