

# Lifting Patients: The 'No Lift' System at RMH

## Summary Points to Remember

- *No Lift* aims to improve patient safety
- Staff will use various devices to help you move comfortably and safely
- These devices also help reduce manual handling injuries to staff
- Your assistance will improve your mobility and may speed your recovery

## The 'No Lift' System

The Royal Melbourne System has implemented a safer and more comfortable system of work practices for staff to use when handling, transferring and mobilising patients. Known as '*No Lift*', these practices aim to improve patient safety by ensuring you are handled safely and efficiently by staff during your hospital stay.

On admission to hospital, your ability to sit in bed, stand and walk, will be regularly assessed by a nurse involved in your care. These assessments will be recorded on a form and will remain part of your clinical notes for the duration of your stay in hospital.

If you require assistance to move on or off your bed, hospital staff will use devices to ensure you move comfortably and safely. These devices also help to significantly decrease manual handling injuries to staff.



## Equipment which may be used during your hospital stay

### Slide Sheet

A thin sheet of silica covered material (similar to the cloth used for sails on yachts) which will help you move up, down and across the bed.

### Stand Up Lifting Machine

A machine which helps you stand from a sitting position. Suitable for patients who are unable to walk.

### Lifting Machine

An electric hoist machine which lifts you out of bed to a chair and back again. This machine is also capable of lifting you off the floor if necessary.

### Turning Frame

A turning frame may be used by staff when turning you on your side. This frame will be placed around your legs and has a handle for your support and safety.

**As part of the 'No Lift' policy, hospital staff will encourage your assistance during these procedures to ensure you remain as independent as possible. Your involvement will improve your mobility and may speed your recovery.**

If you have any queries, please do not hesitate to speak to your primary nurse.

Contact	Practitioner / Patient notes
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