

## Overview

This standard covers the moving and positioning of individuals as part of their care plan according to their specific needs. This includes moving individuals from one place to another and re-positioning individuals within their immediate environment.

Users of this standard will need to communicate effectively to meet individuals' needs and wishes and work in line with health and safety legislation, policy and practices.

## Performance criteria

### *You must be able to:*

- P1. identify and agree the roles and responsibilities of yourself and others in moving and positioning individuals
- P2. provide support to the individual, ensuring that you respect their rights and wishes relating to their privacy, beliefs and dignity
- P3. establish consent and access information on moving and positioning individuals
- P4. check the individual's care plan or support plan and the moving and handling risk assessment, where available, prior to commencing any moving and handling
- P5. support the individual to understand what you are about to do and why, the detail of how they will be moved and how they can actively participate in the process
- P6. check that any equipment required is available and in working order
- P7. seek appropriate assistance to enable you to move, handle and position the individual safely
- P8. move the individual according to the care or support plan or risk assessment, encouraging the active participation of the individual where possible
- P9. position the individual using the correct technique
- P10. observe the individual throughout the activity and stop the activity if any adverse effects occur or the individual appears to be in any discomfort
- P11. seek help from others if problems arise during the activity
- P12. use the appropriate equipment in order to maintain the individual in the required position
- P13. check and restore equipment and the environment to its original state on completion of the activity
- P14. complete all relevant documentation required for moving and positioning individuals

## Knowledge and understanding

### *You need to know and understand:*

- K1. how to access and interpret all relevant work instructions, legislation, guidelines, policies, procedures and protocols needed to move and position individuals
- K2. the scope and limitations of your own competence, responsibilities and accountability as it applies to your job role
- K3. specific procedures for reporting issues which are beyond your competence, responsibilities and accountability
- K4. the hazards and risks which may arise during the execution of your work role and how you can minimise these specifically in relation to moving and positioning individuals
- K5. the principles, practice and procedures associated with informed consent
- K6. the importance of applying standard infection prevention and control precautions to moving and positioning individuals and the potential consequences of poor practice
- K7. how to access up-to-date copies of organisational risk assessments for moving, handling and positioning individuals
- K8. the importance of effective communication and co-ordinating actions between yourself and the individual, the team involved in the activity and the wider health care team
- K9. the importance of moving, handling and positioning the individual according to the care plan or health intervention and their presenting condition(s) and the potential consequences of poor practice
- K10. the action to take when the individual's wishes conflict with their plan of care in relation to health and safety issues and their risk assessment
- K11. the main muscle attachments to the skeleton
- K12. the range of movement in joints
- K13. how effective positioning can influence ability to engage in meaningful activity and activities of daily living
- K14. common physical conditions of individuals in your work area, the effect they have upon normal movement, in relation to the importance of correct movement and positioning
- K15. the importance of offering effective verbal and non-verbal support and reassurance to individuals during preparation for moving and positioning activities
- K16. how to promote active participation, when appropriate, and the individual's rights, choices and wellbeing when preparing to move, handle and position individuals

K17. when it is appropriate to avoid active participation

K18. how individuals may be able to contribute to the moving/handling/positioning process and factors which limit their contribution

K19. potential key changes in the conditions and circumstances of individuals that you are moving, handling and positioning, and actions to take in these circumstances

K20. the aids and equipment you may use for moving, handling and positioning

K21. the importance of preparing the environment for moving and handling prior to attempting to move and handle individuals

K22. the importance of keeping the environment clear during moving, handling and positioning activities

K23. sources of further help for moving, handling and positioning individuals in different health and care settings

K24. the importance of restoring the environment after moving, handling and positioning activities

K25. how to complete and safely store all relevant documentation in accordance with organisational requirements

## Move and position individuals

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