

# AARR Assessment Tool

## for Patient Handling

### AVOID

**Wherever possible, avoiding a hazardous manual handling situation is always preferable.**

- Can the client do the activity independently?
  - Can the operation be automated?
- Can the treatment be brought to the client?

### ASSESS

**If avoidance is not possible, making a 'suitable and sufficient' assessment of the hazards is the next step.**

Consider the task, load, environment, individual capacity and other factors such as equipment.

### REDUCE

**By following the risk assessment you are reducing the risk of injury to all persons involved to the lowest level reasonably practicable.**

Training and supervision of staff in safer handling techniques, introducing appropriate handling aids and maintaining these in good working order will, among other things, help reduce the risk.

### REVIEW

**Risk assessments should be reviewed when changes occur or when they are no longer valid.**

It should also be reviewed if there is an accident or a case of ill health as a result of a manual handling operation.