



**Cynhadledd a drefnwyd gan
'Back Exchange' Gogledd Orllewin
a Gogledd Cymru mewn
cydweithrediad â
Grŵp 'Working Well Together'
a Grŵp Iechyd a Diogelwch
Gogledd-Orllewin Cymru**

Symud a Thrin - Gweithio Gyda'n Gilydd

**Dydd Mercher 25^{ain} o Fawrth 2015,
9.00yb -4.15yh**

Prifysgol Bangor, Gwynedd, LL57 2DG

Cynhadledd i hybu arferion symud a thrin diogel





Mae'r gynhadledd wedi ei threfnu ar y cyd gan **'Back Exchange' Gogledd Orllewin a Gogledd Cymru, Grŵp 'Working Well Together' a Grŵp Iechyd a Diogelwch Gogledd-Orllewin Cymru.**

Mae **'Back Exchange' Gogledd Orllewin a Gogledd Cymru** yn grŵp rhanbarthol sydd yn gysylltiedig â'r 'Back Exchange' Cenedlaethol. Ei nod yw hyrwyddo, atal a rheoli cyflyrau sydd yn gysylltiedig ag anhwylderau cyhyrsgerbydol yn enwedig y rhai hynny sy'n gysylltiedig â symud a thrin. Mae'r fforwm yn darparu cefnogaeth, cyfle i gyfnewid syniadau, rhannu gwybodaeth, datrys problemau a datblygu ymarferiad symud a thrin pobl a gwrthrychau.

Sefydlwyd y Grŵp **'Working Well Together'** yn 2004 i ddarparu cymorth ar gyfer y diwydiant, gan y diwydiant.

Mae'r grŵp wedi denu aelodau ar draws y sbectrwm diwydiant ac mae'n cynnwys cynrychiolwyr o adeiladwyr lleol a chwmnïau peirianeg sifil, yn ogystal â llywodraeth leol, sefydliadau hyfforddi a chyflenwyr yng Ngogledd Cymru. Mae'r Grŵp **'Working Well Together'** yn darparu ystod o ddigwyddiadau iechyd a diogelwch bob blwyddyn, yn bennaf yn canolbwyntio ar anghenion contractwyr bach a chanolig.

Mae **Grŵp Iechyd a Diogelwch Gogledd Orllewin Cymru** yn sefydliad hunangymorth, dielw. Y mae wedi cofrestru gyda'r Royal Society for the Prevention of Accidents (RoSPA) ac mae'n cynnwys aelodau o amrywiaeth eang o gyflogwyr a sefydliadau, mawr a bach, o bob rhan o ogledd Cymru. Sefydlwyd y Grŵp yn wreiddiol gan gyflogwyr lleol i gefnogi'r naill a'r llall er mwyn hyrwyddo arferion iechyd a diogelwch da yn y gweithle.

Annwyl Gynrychiolwyr, Siaradwyr ac Arddangoswyr

Ar ran y trefnwyr, rwyf yn eich croesawu chi i gyd i'r Gynhadledd - Symud a Thrin - Pasbort i weithio'n fwy diogel. Gobeithiwn y byddwch yn mwynhau'r Gynhadledd a'r rhaglen sy'n cynnwys:

- Siaradwyr ardderchog
- Gweithdai Ymarferol
- Arddangosfa Offer

Noddwyr Cynhadledd 2015:

- Health Care Centre
- Arjo Huntleigh
- Osprey Healthcare
- Byw Bywyd Living Life
- Mangar International
- Handicare
- Silvalea
- Centrobed
- Spectrum Healthcare
- Benmor Medical
- SK Handling
- 1st Call Mobility
- Osmonds Ergonomics
- AAT (Offer Pŵer Dringo Grisïau)
- Slingsby

Ellen Beard, Cadeirydd 'Back Exchange' Gogledd Orllewin a Gogledd Cymru



GWYBODAETH GYFFREDINOL

Cofrestru

Prif dderbynfa. Gofynnir i chwi gofrestru ar ôl cyrraedd.

Bathodynnau

At ddibenion diogelwch, gofynnir i gynrychiolwyr wisgo eu bathodynnau yn ystod y Gynhadledd. Os gwelwch yn dda a fyddwch cystal â dychwelyd eich bathodyn ar ddiwedd y Gynhadledd.

Lluniaeth

Bydd te a choffi ar gael wrth gyrraedd a chinio yn cael ei weini yn Neuadd PJ a Neuadd Powys.

Arddangosfa

Cynhelir yr arddangosfa mewn dwy ardal - Neuadd PJ a Neuadd Powys sydd wedi eu lleoli yn Adeilad y Celfyddydau. Gweler cefn y rhaglen am fanylion llawn.

Ffurflen Werthuso

Mae ffurflen werthuso wedi'i hamgáu yn eich pecyn. Rhowch eich barn i ni drwy ei gwblhau a'i ddychwelyd i staff y Gynhadledd cyn i chi adael.

Tystysgrifau

Bydd Tystysgrif Presenoldeb yn cael ei ddarparu yn y dderbynfa ar ddiwedd y Gynhadledd ar ôl derbyn ffurflen werthuso wedi'i llenwi.

Ffonau Symudol ac ati

Gofynnir i chwi ddiffodd pob ffôn symudol yn ystod sesiynau'r Gynhadledd.

Toiledau ac ati

Wedi eu lleoli ar lawr gwaelod y Brifysgol.

Mynediad i bobl anabl

Gofynnwch wrth y Ddesg Gofrestru os oes angen cymorth arnoch.

Cyfrifoldeb

Ni fydd trefnwyr y gynhadledd yn derbyn unrhyw gyfrifoldeb am golled neu ddifrod i eitemau personol a allai godi o ganlyniad i bresenoldeb yn y digwyddiad hwn.

Eiddo Coll

Gofynnwch i Ddesg Gofrestru'r Gynhadledd neu dderbynfa'r Brifysgol.

Rhaglen – SYMUD A THRIN POBL

Sesiynau Bore

8.30yb – 9.00yb	Cofrestru & Coffi: (Neuadd Pritchard Jones, Prif Adeilad y Celfyddydau, Prifysgol Bangor)
9.00yb – 9.15yb	CROESO: (Prif Ddarlithfa'r Celfyddydau) Lisa Fowlie Ymgynghorydd Iechyd a Diogelwch, Prifysgol Bangor Ellen Beard (Therapydd Galwedigaethol) Ymgynghorydd Iechyd Cyhyrsgerbydol, Cyngor Gwynedd
9.15yb – 10.00yb	Cefnau Iach ar gyfer Busnes Iach (Prif Ddarlithfa'r Celfyddydau) Dr Peter Oliver / Ned Hartfield
10.00yb – 10.30yb	Amser ymweld â'r Arddangosfa: (Neuadd Pritchard Jones & Neuadd Powys) or Dru Yoga (Ystafell Ddarlithio 2, Prif Adeilad y Celfyddydau)
10.30yb – 11.15yb	Rolau a Chyfrifoldebau Proffesiynol o Fewn Gofal Cartref (Prif Ddarlithfa'r Celfyddydau) Pamela Simpson

Gweithdai Bore

11.20yb – 12.00yb	Symud a Thrin - Pobl Dros eu Pwysau Ystafell Ddarlithio 4 – (Prif Ddarlithfa'r Celfyddydau) Anita Rush / Handicare	Gwirio Teclynnau Codi Ystafell Ddarlithio 3 – (Prif Ddarlithfa'r Celfyddydau) Julia Love	Dru Yoga Ystafell Ddarlithio 2 – (Prif Ddarlithfa'r Celfyddydau)
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12.00yh-13.00yh

Cinio (Neuadd Pritchard Jones & Neuadd Powys)
Cyfle i ymweld â'r arddangosfa / Dru Yoga

Gweithdai Prynnawn

13:00yh – 13.45yh	Symud a Thrin - Pobl Dros eu Pwysau Ystafell Ddarlithio 4 – (Prif Ddarlithfa'r Celfyddydau) Melanie Sturman - Floyd	Hoistio o'r Llawr – Datblygu Ymarferiadau Gwell Ystafell Ddarlithio 3 – (Prif Ddarlithfa'r Celfyddydau) Ellen Beard / Dave Morris	Dru Yoga Ystafell Ddarlithio 2 – (Prif Ddarlithfa'r Celfyddydau)
13:50yh - 14.30yh	Symud a Thrin - Pobl Dros eu Pwysau Ystafell Ddarlithio 4 – (Prif Ddarlithfa'r Celfyddydau) Anita Rush / Handicare	Slingiau: A ddylent aros neu fynd? Ystafell Ddarlithio 3 – (Prif Ddarlithfa'r Celfyddydau) Jo-Anne Webb	Dru Yoga Ystafell Ddarlithio 2 – (Prif Ddarlithfa'r Celfyddydau)
14.30yh - 15.00yh	Cyfle i ymweld â'r arddangosfa (Neuadd Pritchard Jones) neu Dru Yoga (Ystafell Ddarlithio 2)		
15.00yh - 15.45yh	Symud a Thrin a Dementia (Prif Ddarlithfa'r Celfyddydau) Melanie Sturman-Floyd	Hoistio o'r Llawr – Datblygu Ymarferiadau Gwell Ystafell Ddarlithio 3 – (Prif Ddarlithfa'r Celfyddydau) Elaine Jones / Dave Morris	Dru Yoga Ystafell Ddarlithio 2 – (Prif Ddarlithfa'r Celfyddydau)
15.50yh - 16.15yh	Panel Cwestiwn ac Ateb (Prif Ddarlithfa'r Celfyddydau) Collette Barker		
16.15yh	Diwedd Bydd eich Tystysgrif Presenoldeb ar gael wrth y Ddesg Gofrestru mewn cyfnewid am eich taflen werthuso		

Rhaglen – SYMUD A THRIN GWRTHRYCHAU

Sesiynau Bore	
8.30yb – 9yb	Cofrestru & Coffi: (Neuadd Pritchard Jones, Prif Adeilad y Celfyddydau, Prifysgol Bangor)
9.00yb – 9.15yb	CROESO: (Prif Ddarlithfa'r Celfyddydau) Lisa Fowle Ymgynghorydd Iechyd a Diogelwch, Prifysgol Bangor Ellen Beard (Therapydd Galwedigaethol) Ymgynghorydd Iechyd Cyhyrsgerbydol, Cyngor Gwynedd
9.15yb – 10yb	Cefnau Iach ar gyfer Busnes Iach (Prif Ddarlithfa'r Celfyddydau) Dr Peter Oliver / Ned Hartfield
10.15yb - 10.45yb	CDM Dyluniad Ystyriol Symud a Thrin (Neuadd Powys Prif Adeilad y Celfyddydau) Cyflwyniad ar sut mae dyluniad da yn cael effaith barhaol ar symud a thrin.
10.45yb - 11.45yb	Pristine Condition (Neuadd Powys Prif Adeilad y Celfyddydau) Cyflwyniad ymarferol ar symud a thrin.
11.45yb - 12.30yh	Asesiad Ergonomaidd a Thriciau'r diwydiant (Neuadd Powys Prif Adeilad y Celfyddydau) Asesiad risg ergonomaidd dydd yn dangos rhai o driciau'r diwydiant. Matthew Birtles
12.30yh - 13.30yh	Cinio (Powys Hall) Cyfle i ymweld a'r arddangosfa / Dru Yoga
13.30yh – 14.00yh	AAT 'Powered Stair Climber' (Neuadd Powys Prif Adeilad y Celfyddydau) Arddangosiad offer pŵer dringo grisiau a'i ddefnydd.
14.00yh – 14.30yh	'Back Track Demonstration' (Neuadd Powys Prif Adeilad y Celfyddydau) System sydd yn cynnwys dyfais soffistigedig i adnabod symudiad.
14.30yh – 15.15yh	Asesiad MAC Gwthio / Tynnu (Neuadd Powys Prif Adeilad y Celfyddydau) Diweddariad ar Asesiad MAC Gwthio / Tynnu, ffordd syml a sylfaenol yr AGID i asesu symud a thrin Matthew Birtles
15.15yh - 15.45yh	Technegau Rossiter (Neuadd Powys Prif Adeilad y Celfyddydau) Technegau sydd yn cael eu defnyddio i ddelio a phone, tensiwn ac osgo. David Brown
15.45yh - 16.00yh	Sesiwn Cwestiwn ac Ateb
16.00yh	Diwedd Bydd eich Tystysgrif Presenoldeb ar gael wrth y Ddesg Gofrestru mewn cyfnewid am eich taflen werthuso

Siaradwyr Arbenigol

Lisa Fowlie, Prifysgol Bangor

Mae Lisa yn Ymgynghorydd Iechyd a Diogelwch cyffredinol gyda diddordeb arbennig mewn rheoli straen a hyfforddi. Ymunodd a Phrifysgol Bangor yn 1998 ac mae wedi datblygu a chyflwyno ystod eang o gyrsiau hyfforddi yn y maes Iechyd a Diogelwch. Yn y blynyddoedd diwethaf mae wedi cynllunio a gweithredu rhaglen safonol Iechyd a Diogelwch yn y Brifysgol ynghyd a rhaglen rheoli archwilio.

Mae ei diddordebau proffesiynol eraill yn cynnwys bod yn aelod cyfredol o Fwrdd yr Ymddiriedolwyr, Cadeirydd y Grŵp Rheoli Risg a'r Pwyllgor Archwilio ac mae'n gynllywydd o IOSH. Mae ei diddordebau personol yn cynnwys ffotograffiaeth a theithio.

Matthew Birtles, Uwch Ergonomegydd, Labordy Iechyd a Diogelwch

Mae Matthew wedi gweithio fel ergonomegydd yn y maes ffactorau dynol o'r Labordy Iechyd a Diogelwch am 13 mlynedd, ac mae wedi bod yn ymarfer ergonomeg am 19 mlynedd. Mae gwaith yn y Labordy Iechyd a Diogelwch wedi ymestyn dros wahanol ddiwydiannau a phynciau, megis weldio a gwaith ffowndri, diogelwch offer ffair a phrosiectau eraill yn y diwydiant hamdden, cynhyrchu bwyd, rheilffordd a dylunio caban trên, cynhyrchu dodrefn, materion Iechyd a diogelwch yn y diwydiant adeiladu ac ergonomeg mewn gofal Iechyd. Mae Matthew hefyd yn gydawdur ac yn cyflwyno deunydd hyfforddi cyflyrau cyhyrsgyrbodol ar gyfer arolygwyr y Gweithgor Iechyd a Diogelwch cyrsiau symud a thrin ac ergonomeg ar gyfer y cyhoedd. Mae gan Matthew ddiddordeb arbennig mewn atal anafiadau cyhyrsgyrbodol a dyluniad ergonomig addas i broblemau yn y gweithle.

Julia Love – Ymgynghorydd a Hyfforddwr Symud a Thrin

Mae Julia Love yn aelod o Grŵp Back Exchange Swydd Efrog a gynorthwyodd y Gweithgor Iechyd a Diogelwch i ddatblygu canllawiau ar gyfer dogfen "Getting to grips with Hoisting". Yna cyd-ysgrifennodd y bennod ar y defnydd ymarferol o hoist yn Rhifyn 6 "The Handling of People". Mae hefyd yn hyfforddwr symud a thrin sy'n gweithio ar ei liwt ei hun.

Dr Peter Oliver, Meddyg Iechyd Galwedigaethol

Mae Dr Peter Oliver yn feddyg ymgynghorol Iechyd galwedigaethol annibynnol yng ngogledd Cymru a Chaer. Mae ganddo brofiad eang yn y sector cyhoeddus a'r sector preifat, ac mae ei gleientiaid cyfredol yn cynnwys Cyngor Gwynedd a Chyngor Sir y Fflint, ynghyd ag Ymddiriedolaeth Sefydledig GIG Countess of Chester, a Phrifysgol Manceinion. Mae hefyd yn darparu gwasanaeth ymgynghoriaeth i nifer o fusnesau bach a chanolig.

Fel meddyg Iechyd Galwedigaethol sydd wedi gweithio am dros 25 mlynedd, bydd Dr Peter Oliver yn trafod yr heriau sy'n ymwneud â rheoli ac atal poen cefn yn y gweithle ac yn rhannu arferion da ar gyfer hwyluso dychweliad cynnar i weithgareddau arferol, yn cynnwys gwaith.

Ned Hartfield, Prifysgol Bangor

Mae Ned Hartfield yn cwblhau ei ddoethuriaeth yng Nghanolfan Economeg Iechyd a Gwerthuso Meddyginiaethau, Prifysgol Bangor. Mae wedi cyflwyno rhaglenni yn seiliedig ar yoga i weithwyr nifer o sefydliadau yn y DU ac UDA, yn cynnwys Prifysgol Bangor, Cyngor Sir Conwy, The Book People, Mitsubishi Corporation, Banc y Byd a'r National Science Foundation. Bydd Ned Hartfield yn cyflwyno canlyniadau ei astudiaeth doethuriaeth Prifysgol Bangor, a archwiliodd effaith rhaglen ymarfer corff yn seiliedig ar yoga ar leihau ac atal poen cefn yn y gweithle.



Pamela Simpson, Ffisiotherapydd Siartredig ac Ymgynghorydd Symud a Thrin

Mae Pam yn Ffisiotherapydd Siartredig ac Ymgynghorydd Symud a Thrin. Mae ganddi dros 22 mlynedd o brofiad o ddylunio a darparu cyrsiau hyfforddiant i'r sectorau cyhoeddus, preifat, elusennol a gwirfoddol, sy'n pontio iechyd, addysg a gofal cymdeithasol. Mae'n cyflawni asesiadau risg symud a thrin ar gyfer sefyllfaoedd ac amgylcheddau cymhleth, ac mae ganddi brofiad penodol o reoli meysydd sy'n ymwneud â nifer o fudd-ddeiliaid, yn cynnwys darparwyr gofal a therapi. Mae Pam yn cwblhau nifer o adroddiadau arbenigol ar gyfer atebolrwydd a chwantwm mewn achosion codi a thrin. Hi oedd awdures y bennod 'Strategaethau Hyfforddiant' yn HOP 6, ac mae newydd orffen tair blynedd fel Golygydd 'Column'.

Anita Rush

Cafodd Anita ei hyfforddi fel Nyrs, yn gweithio yn y Sector Aciwt cyn symud i'r Gymuned yn 1981 fel Arbenigwr Offer yn Ymddiriedolaeth Gofal Sylfaenol (PCT) Gorllewin Berkshire. Mae Anita yn arweinydd clinigol profiadol dros ben, yn darparu ac yn rheoli gwasanaeth cymunedol o safon i gleifion ag anghenion cymhleth ac ar gyfer darparu offer.

Erbyn hyn, mae hi'n arbenigwr adnabyddedig ar fariatreg. Mae'n darlithio llawer, yn hwyluso gweithdai ar Reolaeth 'Pobl sydd dros eu Pwysau', yn siarad mewn cynadleddau ym Mhrydain, Ewrop ac ar lefel ryngwladol. Mae Anita wedi cyhoeddi llawer o erthyglau perthnasol ac wedi cyd-awduro dau gyhoeddiad: Pennod 12, yn 6ed Argraffiad 'The Guide to the Handling of People' a 'Moving and Handling of Plus Size People an illustrated guide'. Mae'n diwtor yn y Disabled Living Foundation yn Llundain, mae wedi datblygu gwefan am Fariatreg ar y cyd â'r DLF.

Mae Anita yn sylfaenydd y National Back Exchange ac yn cadeirio Grŵp Diddordebau Arbennig y National Back Exchange ar Fariatreg. Mae Anita hefyd yn gadeirydd y Grŵp Addysgol ar gyfer Cymdeithas Genedlaethol y Darparwyr Offer ac yn eistedd ar y cyngor fel cynrychiolydd addysgol.

Melanie Sturman-Floyd

Hyfforddodd fel Nyrs a chafodd brofiad ar draws y sectorau aciwt, cymunedol a phreifat. Mae wedi gweithio yn y maes Symud a Thrin ers 1998, a graddiodd o Brifysgol Loughborough yn 2008 gydag MSc mewn Rheolaeth Gofal Cefn.

Mae gan Melanie brofiad helaeth o symud a thrin, o gefnogi gweithwyr wrth iddynt fynd yn ôl i'w gwaith wedi anaf neu salwch, achosion cyfreithiol, hyfforddiant, datrys problemau, rheoli achosion a gwaith ymchwil. Mae ei gwybodaeth arbenigol a'i arbenigedd helaeth a chynhwysfawr yn amlwg yn ei gwaith cyhoeddedig. Mae Melanie wedi cyhoeddi am destunau yn cynnwys lleihau briwiau gorwedd, rheoli codymau, gofal dementia, gofal bariatreg, ffitrwydd gweithwyr i weithio, a work hardening. Mae ei llwyddiannau diweddar yn cynnwys datblygu rhaglen work hardening i helpu staff i ddod yn ôl i'w gwaith.

Mae Melanie yn ffigwr dylanwadol yn y National Back Exchange, hi yw'r ysgrifennydd aelodaeth ar hyn o bryd. Mae'n siaradwr rheolaidd mewn cynadleddau cenedlaethol ac mae wedi cyflwyno ei gwaith yn yr Almaen a Seland Newydd.

Ellen Beard (Therapydd Galwedigaethol) Ymgynghorydd Iechyd Cyhyrsgerberbydol Cyngor Gwynedd.

Elaine Jones Hyfforddwr Symud a Thrin i Gyngor Gwynedd

Mae Ellen ac Elaine yn aelodau o Fforwm Back Exchange Gogledd Orllewin Gogledd Cymru.

Mae Ellen wedi bod yn Gadeirydd y fforwm dros y 4 blynedd diwethaf ac Elaine ar hyn o bryd yn ei Drysorydd. Wedi eu lleoli yng Ngwasanaeth Iechyd a Diogelwch Cyngor Gwynedd, mae Ellen ac Elaine rhan o'r Tîm Symud a Thrin.



Rhan o gyfrifoldebau'r tîm yw cynorthwyo'r Ymgynghorwyr Iechyd a Diogelwch wrth ymchwilio i ddamweiniau a digwyddiadau sydd yn ymwneud a symud a thrin. Wrth ymchwilio i ddigwyddiadau oedd yn ymwneud â rheolaeth person sydd wedi syrthio mewn Cartrefi Preswyl fe ddatblygwyd sling newydd i'r farchand sef yr 'Evacuation Sling'. Gyda chymorth a chydweithrediad Dave Morris, 'Osprey Healthcare' a staff gofal o fewn Cartrefi Preswyl Cyngor Gwynedd datblygwyd y sling fit i bwrpas yma. Yn ogystal â galluogi'r person i gael ei godi yn ddiogel o'r llawr mae hefyd yn galluogi gweithwyr gofal i symud person sydd wedi disgyn yn gyfforddus ar llawr i le addas i ddefnyddio hoist.

Bydd y gweithdy yn amlinellu pwysigrwydd adrodd ac ymchwilio i ddamweiniau yn ogystal ag arddangosiad y sling newydd sef yr 'Evacuation Sling' ynghyd a chodi yn ddiogel o'r llawr gyda hoist. Bydd hefyd yn amlinellu'r defnydd o'r sling ac hyfforddiant yng Nghyngor Gwynedd.

Jo-Anne Webb - Uwch Ddarlithydd mewn Therapi Galwedigaethol, Cyfadran Therapi Galwedigaethol, Ysgol Gwyddorau Iechyd, Prifysgol Salford.

Bu i Jo-Anne gymhwyso fel Therapydd o'r Coleg Therapi Galwedigaethol yn Lerpwl yn 1986. Mae ganddi dros 25 mlynedd o brofiad mewn anableddau corfforol, mae'n arbenigo mewn orthopaedeg a rhiwmatoleg, adsefydliad cymunedol a symud a thrin. Mae'r cyflwyniad hwn yn ail gam mewn astudiaeth ymchwil, yn ymchwilio effaith ffabrig sling ar bwysau arwynebol ac yn ategu casgliadau astudiaeth flaenorol ar boblogaeth iach. Mae'r canlyniadau'n cyfrannu at sail dystiolaeth ar gyfer gallu defnyddio sgiliau symud a thrin yn ymarferol, a chefnogi clinigwyr wrth iddynt wneud penderfyniadau wrth ddewis sling hoistio.

David Brown - Therapydd Galwedigaethol a Hyfforddwr Rossiter

Datblygodd diddordeb David ym mherfformiad y corff pan oedd yn dysgu karate. Arweiniodd ei ddiddordeb mewn therapiau at astudiaeth o anatomi, y Bowen Technique, Therapi Galwedigaethol a Rossiter. Symudodd David i Sir Gaer i weithio i'r GIG yn cefnogi adferiad a diogelwch oedolion hŷn ac mae'n parhau i ymarfer ei therapiau ei hun. Mae David yn gweithio fel gweithiwr allweddol symud a thrin yn Ysbyty Leighton, Sir Gaer.

Bydd David yn darparu sesiynau sampl yn y brif neuadd arddangos. Mae Rossiter yn defnyddio technegau meinwe cysylltiol dwfn ac effeithiol i hwyluso symudiad, i ryddhau tyndra ac i gael gwared ar boen. Felly, os oes gennych unrhyw ddolur, tyndra neu boen cyson, rhowch gynnig arni!

Davy Snowdon

Davy Snowdon yw sylfaenydd 'Pristine Condition', mae wedi treulio'r rhan fwyaf o'i fywyd yn hyfforddi ac astudio gwyddoniaeth y corff dynol a'r grefft o godi. Mae Davy Snowdon yn gyn-ddeiliad record y byd ac wedi bod yn ymwneud a dau Gemau Olympaidd. Mae wedi chwyldroi'r arferion codi a thrin yn y gweithle trwy ei wybodaeth helaeth o egwyddorion anatomegol cymhwysol.

Mae Pristine Condition yn darparu dull hyblyg, amlochrog yn edrych ar godi a thrin o safbwynt y corff dynol. Rydym yn lleihau'r pwysau ar y corff yn y byd go iawn, gan gynyddu ei effeithlonrwydd. Gall pobl deimlo'r gwahaniaeth y mae'n ei wneud yn gorfforol o ddydd i ddydd. Maent felly yn prynu i mewn i'n hegwyddorion, ac yn cyfnewid hen arferion ar gyfer rhai newydd.

Wedi'i lleoli yn Henley-on-Thames, mae Pristine Condition, sydd wedi ennill gwobrau lu wedi rhoi cymorth i gleientiaid byd-eang yn cyflawni canlyniadau digynsail ar draws pob sector masnachol mawr, gyda llawer yn gweld gostyngiad o 100% mewn digwyddiadau codi a thrin a gofnodwyd.

Rhestr Arddangoswyr

Arddangoswyr Symud a Thrin Pobl

- Health Care Centre
- Arjo Huntleigh
- Osprey Healthcare
- Byw Bywyd Living Life
- Mangar International
- Handicare
- Silvalea
- Centrobed
- Spectrum Healthcare
- Benmor Medical
- SK Handling
- 1st Call Mobility
- Osmonds Ergonomics
- AAT (Offer Pŵer Dringo Grisïau)
- Slingsby



Dymunai'r trefnwyr ddiolch i

Y Siaradwyr

Am roi o'u hamser i fynychu'r Gynhadledd ac am rannu eu gwybodaeth a'u profiad gyda ni.

Y Mynychwyr

Am fynychu'r Gynhadledd, rydym yn gobeithio y byddwch yn mwynhau ac yn ei gweld yn ddefnyddiol ac yn gyfraniad gwerthfawr tuag at eich datblygiad proffesiynol.

Y Noddwyr

Am noddi'r Gynhadledd a galluogi'r mynychwyr i gael mynediad am ddim ynghyd a lluniaeth.

Prifysgol Bangor

Am ganiatáu i ni ddefnyddio'r lleoliad a'r holl gymorth a chefnogaeth a gawsom gyda'r paratodau.

Awdurdodau Lleol Gogledd Cymru

Dymuna 'Back Exchange' Gogledd Orllewin a Gogledd Cymru, Grwp 'Working Well Together' a Grwp Iechyd a Diogelwch Gogledd-orllewin Cymru ddiolch i'r Awdurdodau Lleol isod:

- Cyngor Gwynedd
- Cyngor Bwrdeistrefol Sirol Conwy
- Cyngor Sir Ddinbych
- Cyngor Sir Y Fflint
- Cyngor Sir Ynys Môn

Am gydweithio gyda'i gilydd i lunio a threfnu'r Gynhadledd.



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL



CYNGOR
Sir Ddinbych
Denbighshire
COUNTY COUNCIL



CYNGOR
Sir y Fflint
Flintshire
COUNTY COUNCIL



CONWY
CYNGOR BWRDEISTREF SIROL
COUNTY BOROUGH COUNCIL



CYNGOR
GWYNEDD
COUNCIL



**A Conference organised by the
North West and North Wales Back
Exchange Forum in association
with the Working Well Together
Group and North West Wales
Health & Safety Group**

Moving and Handling - Working Together

Wednesday March 25th, 9.00am - 4.15pm

Bangor University, Gwynedd, LL57 2DG

**Conference to promote safer moving and
handling practices**





The Conference has been jointly organised by the **North West and North Wales Back Exchange Forum** in partnership with the **Working Well Together Group** and the **North West Wales Health & Safety Group**.

The North West and North Wales Back Exchange is a regional group affiliated to the National Back Exchange. Its aim is to promote the prevention and management of work related musculoskeletal disorder specifically those associated with manual handling. The forum provides peer and mutual support, exchange of ideas, sharing of information, problem solving and development of people and object moving and handling practice.

The Working Well Together Group was set up in 2004 to provide help for the industry, from the industry.

The group has attracted members from across the industry spectrum and includes representatives from local construction and civil engineering companies, as well as local government, training organisations and suppliers in North Wales. The Working Well Together Group deliver a range of health and safety events each year, mainly focussing on the needs of small and medium contractors.

The North West Wales Health and Safety Group is a self-help, non-profit organisation. It is registered with the Royal Society for the Prevention of Accidents (RoSPA) and consists of members from a wide range of employers and organisations, both large and small from all areas of North Wales. The Group was originally established by local employers to support one another in order to promote good health and safety practices in the workplace.

Dear Delegates, Speakers and Exhibitors

On behalf of the Conference organisers, I welcome you all to the Moving and Handling – Working Together Conference. We hope you enjoy the day and the programme which includes:

- Excellent Speakers
- Practical Workshops
- Equipment Exhibition and Demonstration

Conference 2015 Sponsors:

- Health Care Centre
- Arjo Huntleigh
- Osprey Healthcare
- Byw Bywyd Living Life
- Mangar International
- Handicare
- Silvalea
- Centrobed
- Spectrum Healthcare
- Benmor Medical
- SK Handling
- 1st Call Mobility
- Osmonds Ergonomics
- AAT (Powered Stair Climbers)
- Slingsby

Ellen Beard, Chairperson, North West and North Wales Back Exchange Forum



GENERAL INFORMATION

Registration

Main reception outside PJ Hall, Main Arts Building. Please register on arrival. Registration will open at 8.30am.

Badges

For security purposes, delegates are requested to wear their badges at all times during the Conference. Please hand in your badge holder at the end of the Conference.

Refreshments

Tea and coffee on arrival and lunch will be served in the PJ Hall and Powis Hall.

Exhibition

The exhibition will be held in two areas – The PJ Hall and Powis Hall located in the Main Arts Building. Please see the section at the end of this Programme for full details.

Evaluation Form

A Conference evaluation form has been enclosed in your delegate pack. Please let us know your views by completing and returning it to Conference staff before you leave.

Certificates of Attendance

A Certificate of Attendance will be provided in the reception at the end of the Conference on receipt of a completed evaluation form.

Mobile Phones etc

Delegates are requested to switch off all mobile phones during the Conference sessions.

Toilets etc

Toilets are situated on the ground floor of the University.

Disabled Access

Please ask at the Registration Desk if you require assistance.

Liability

The Conference organisers will not accept any liability for loss or damage to personal effects which may arise as a result of attendance to this event.

Lost Property

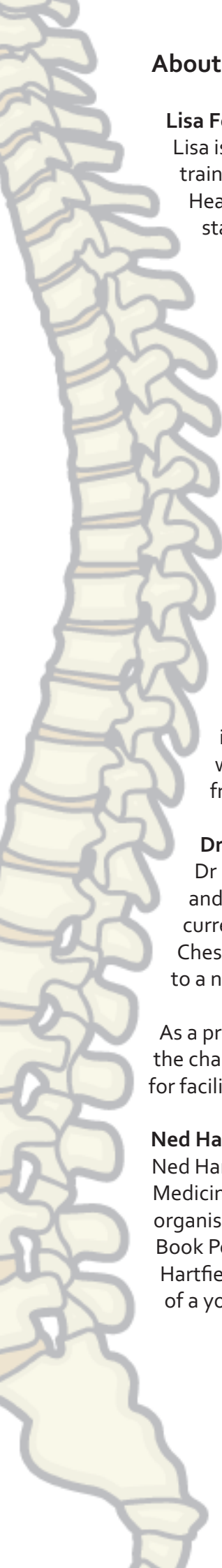
Please ask at the Conference Registration Desk or the University reception.

Programme – PEOPLE HANDLING

Morning Sessions			
8.30am – 9.00am	Registration & Coffee: (Pritchard Jones Hall, Main Art Building, Bangor University)		
9.00am – 9.15am	WELCOME: (Main Arts Lecture Theatre) Lisa Fowlie Health and Safety Adviser, Bangor University Ellen Beard (Occupational Therapist) Musculoskeletal Health Advisor, Cyngor Gwynedd Council		
9.15am – 10.00am	Healthy Backs for a Healthy Business (Main Arts Lecture Theatre) Dr Peter Oliver / Ned Hartfield		
10am – 10.30am	Exhibition Time: (PJ Hall) or Dru Yoga (Lecture Room 2)		
10.30am –11.15am	Professional Roles and Responsibilities within Domiciliary Care : (Main Arts Lecture Theatre) Pamela Simpson		
Morning Workshops			
11.20am–12.00pm	Moving and Handling – Plus Size (Lecture Room 4 - Main Art Building) Anita Rush / Handicare	Hoist Checks (Lecture Room 3 - Main Art Building) Julia Love	Dru Yoga (Lecture Room 2 – Main Arts Building)
12.00pm 13.00pm	Lunchtime (PJ Hall & Powys Hall) & Opportunity to visit Exhibition / Yoga		
Afternoon Workshops			
13:00pm – 13.45pm	Moving and Handling – Dementia (Lecture Room 4 - Main Art Building) Melanie Sturman - Floyd	Hoisting from the Floor – Developing Better Practices (Lecture Room 3 - Main Art Building) Ellen Beard / Dave Morris	Dru Yoga (Lecture Room 2 – Main Arts Building)
13:50pm 14.30pm	Moving and Handling – Plus Size (Lecture Room 4 - Main Art Building) Anita Rush / Handicare	Slings: Should they stay or should they go? (Lecture Room 3: Main Arts Building) Jo-Anne Webb	Dru Yoga (Lecture Room 2 – Main Arts Building)
14.30pm 15.00pm	Exhibition Time: (PJ Hall) or Yoga (Lecture Room 2)		
15.00pm 15.45pm	Moving and Handling – Dementia (Lecture Room 4 - Main Art Building) Melanie Sturman-Floyd	Hoisting from the Floor – Developing Better Practices (Lecture Room 4 - Main Art Building) Elaine Jones / Dave Morris	Dru Yoga (Lecture Room 2 – Main Arts Building)
15.50pm 16.15pm	Question and Answer Panel (Main Arts Lecture Theatre) Collette Barker		
16.15	End Your Certificate of Attendance can be collected from the registration desk in exchange for your completed evaluation form		

Programme – OBJECT HANDLING

Morning Sessions	
8.30am – 9.00am	Registration & Coffee: (Pritchard Jones Hall, Main Art Building, Bangor University)
9.00am – 9.15am	WELCOME: (Main Arts Lecture Theatre) Lisa Fowlie Health and Safety Adviser, Bangor University Ellen Beard (Occupational Therapist) Musculoskeletal Health Advisor, Cyngor Gwynedd Council
9.15am – 10.00am	Healthy Backs for a Healthy Business: (Main Arts Lecture Theatre) Occupational Health and Musculoskeletal health Dr Peter Oliver / Ned Hartfield
10.15am - 10.45am	CDM – Manual Handling Considerate Design (Powys Hall, Main Arts Building) A talk on how good design can have a lasting effect on manual handling
10.45am - 11.45am	Pristine Condition (Powys Hall, Main Arts Building) Practical demonstration on moving and handling
11.45am - 12.30pm	Ergonomics and Tricks of the Trade (Powys Hall, Main Arts Building) Ergonomic risk assessment showing some 'tricks of the trade' Matthew Birtles
12.30pm - 13.30pm	Lunchtime (Powys Hall) Opportunity to visit Exhibition / Yoga
13.30pm – 14.00pm	AAT Powered Stair Climber (Powys Hall, Main Arts Building) Demonstration of the cargo carrying stair climber, it's uses and application
14.00pm – 14.30pm	Back Track Demonstration (Powys Hall, Main Arts Building) A system that consists of a sophisticated motion sensing device
14.30pm – 15.15pm	MAC Tool Assessment and Push / Pull Update on MAC assessment and Push/Pull tool, HSE's quick, straight forward approach to manual handling risk assessment Matthew Birtles
15.15pm 15.45pm	Rossiter Techniques Techniques used to assist with aches, pains, tension and posture David Brown
15.45pm 16.00pm	Question and Answer Session
16.00pm	End Your Certificate of Attendance can be collected from the registration desk in exchange for your completed evaluation form

A stylized illustration of a human spine, showing the vertebrae and intervertebral discs in a light yellow and grey color scheme, running vertically along the left side of the page.

About our expert speakers

Lisa Fowlie, Health and Safety Advisor, Bangor University

Lisa is a general Health and Safety Advisor with particular interests in stress management and training. She joined Bangor University in 1998 and has developed and delivered a wide range of Health & Safety training courses. In the last few years she designed and implemented a standard University Health & Safety management system audit program.

Her professional interests away from the University include being a current member of the Board of Trustees, Chair of the Risk Management and Audit Committee and a past President of IOSH. Lisa's personal interests include photography and travel.

Matthew Birtles, Senior Ergonomist, Health and Safety Laboratory

Matthew has worked as an ergonomist in the human factors group of HSL for 13 years, and has been practising ergonomist for 19 years. Work at HSL has spanned various industries and topics, such as welding and foundry work, fairground ride safety and other leisure industry projects, food production, railway and train cabin design, furniture manufacturing, construction health and safety and ergonomics in health care. Matthew also co-authored and presents MSD training material for HSE inspectors and Manual Handling and Ergonomics courses for the public. Matthew has particular interest in the prevention of musculoskeletal injury and the design of fit for purpose ergonomic solutions to workplace problems.

Julia Love – Manual Handling Consultant and Trainer

Julia Love is a member of the Yorkshire Back Exchange group who jointly assisted the HSE in developing guidelines for the 'Getting to grips with Hoisting' document. She then co-wrote the chapter on Practical Hoisting in The Handling of People, 6th Edition. She is also a freelance manual handling trainer.

Dr Peter Oliver, Occupational Health Physician

Dr Peter Oliver is an independent consultant occupational health physician based in Chester and North Wales. He has extensive experience in both the public and private sectors and his current clients include Gwynedd and Flintshire County Councils as well as the Countess of Chester NHS Foundation Trust and the University of Manchester. He also provides consultancy to a number of small and medium size businesses.

As a practising Occupational Health physician for more than 25 years, Dr Peter Oliver will discuss the challenges of managing and preventing back pain in the workplace and share best practices for facilitating early return to normal activity including work.

Ned Hartfield, Bangor University

Ned Hartfield is completing his PhD at Bangor University's Centre for Health Economics and Medicines Evaluation. He has introduced yoga-based programmes for employees in many organisations in both the UK and USA including Bangor University, Conwy County Council, The Book People, Mitsubishi Corporation, The World Bank and the National Science Foundation. Ned Hartfield will present the results of his Bangor University PhD study, which examined the impact of a yoga-based exercise programme for reducing and preventing back pain in the workplace.



Pamela Simpson, Chartered Physiotherapist & Moving and Handling Consultant

Pam is a Chartered Physiotherapist and Moving and Handling Consultant. She has more than 22 years' experience of designing and delivering training courses to the public, private, charitable and voluntary sectors, spanning health, education and social care. She carries out manual handling risk assessments for complex situations and environments and is particularly experienced in managing areas involving many stakeholders including care and therapy providers. Pam completes many expert reports for both liability and quantum in manual handling cases. She was the author of the chapter entitled "Training Strategies" in HOP 6 and has just completed three years as the Editor of Column.

Anita Rush

Anita trained as Nurse, working in the Acute Sector before transferring to the Community in 1981 as Equipment Specialist at Berkshire West PCT. Anita is a highly experienced clinical lead, delivering and managing a quality community service for patients with complex needs and for equipment provision.

She is now a recognised expert on bariatrics. She lectures widely, facilitates workshops on Plus Size Management, speaks at conferences in the U.K, Europe and at International level. Anita has published many related articles and co-authored two publications: Chapter 12, in 6th Ed. 'The Guide to the Handling of People' and 'Moving and Handling of Plus Size People an illustrated guide'. She is a tutor for the Disabled Living Foundation in London and in conjunction with the DLF has developed a Bariatric web site.

Anita is a founder member of National Back Exchange and chairs the National Back Exchange Special Interest Group on Bariatrics. Anita is also chair of the Educational Group for the National Association of Equipment Providers and sits on the council as educational representative.

Melanie Sturman – Floyd

Melanie trained as a Nurse and had experience across the acute, community and private sectors. She has worked in Moving and Handling since 1998 and graduated from Loughborough University in 2008, with an MSc in Back Care Management.

Melanie has vast experience in manual handling, supporting employees back to work after injury or ill-health, legal cases, training, problem solving, case management and research. The depth and breadth of her specialist knowledge and expertise is illustrated by her published works. She has published on subjects including pressure sore reduction, falls management, dementia care, bariatric care, employee fitness to work, and work hardening. Recent achievements include developing a work hardening programme to assist staff back to work.

Melanie is an influential figure in the National Back Exchange, where she is currently membership secretary. She is a regular speaker at National conferences and has presented work in Germany and New Zealand.

Ellen Beard (Occupational Therapist) Musculoskeletal Health Advisor Gwynedd Council Elaine Jones Moving and Handling Trainer for Gwynedd Council

Ellen and Elaine are both members of the North West North Wales Back Exchange Forum. Ellen has been Forum's Chair person for the past 4 years and Elaine is its current Treasurer. Based in Gwynedd Council's Health and Safety Service, Ellen and Elaine form part of the Moving and Handling Team.

Part of the team's responsibilities is assisting the Health and Safety Advisors in the investigation of accidents and incidents which have a moving and handling basis. It was the investigation into incidents related to the management of the fallen person in Residential

A stylized, light-colored illustration of a human spine, showing the vertebrae and intervertebral discs, running vertically down the left side of the page.

Homes that led to the development of a brand new sling i.e. the 'Evacuation Sling'. With the help and co-operation of Dave Morris, Osprey Health Care Service and care staff within Gwynedd Council's Residential Homes this new fit for purpose sling was developed. As well as enabling the person to be hoisted safely from the floor it also enables care workers to slide the fallen person comfortably on the floor to suitable hoisting area.

The workshop will outline the importance of accident reporting and investigation as well as a demonstration of the Evacuation Sling and safe hoisting from the floor. It will also outline the implementation of the sling and training in Gwynedd Council.

Jo-Anne Webb - Senior Lecturer in Occupational Therapy, Directorate of Occupational Therapy, School of Health Sciences, University of Salford.

Jo-Anne qualified as an OT from the College of Occupational a Therapy in Liverpool in 1986. She has over 25 years experience in physical disability, specialising in orthopaedics and rheumatology, community rehabilitation and moving and handling. This presentation is the second stage in a research study investigating the impact of sling fabrics on interface pressure and corroborates findings from a previous study on a healthy population. The results contribute to the evidence base for practical application of moving and handling skills and support clinicians in their decision making when prescribing slings.

David Brown – Occupational Therapist and Rossiter Coach

David became interested in body performance when he taught karate. His interest in therapies lead to a study of anatomy, massage, the Bowen Technique, Occupational Therapy and Rossiter. David moved to Cheshire to work for the NHS supporting the rehabilitation and safety of older adults and continues to practice his own therapies. David works as a manual handling keyworker at Leighton Hospital, Cheshire.

David will be giving sample sessions in the main exhibition hall. Rossiter uses effective, deep connective tissue techniques to ease movement, loosen tightness and get out of pain. So if you have any persistent aches, tightness or pain give it a go!

Davy Snowdon

Pristine Condition Founder, Davy Snowdon, has spent most of his life training and studying the science behind the human body and the art of lifting. The former Guinness Book Weightlifting world record holder and conditioning expert for two Olympic Games, has revolutionised manual handling practice in the workplace through his extensive knowledge of applied anatomical principles.

Pristine Condition provides a flexible, multi-faceted approach looking at manual handling from the point of view of the human body. We reduce the pressure on the body in the real world, increasing its efficiency. People can physically feel the difference it makes every day. They therefore buy into our principles, and exchange old habits for new.

Based in Henley-on-Thames, award-winning Pristine Condition has helped its global clients achieve unprecedented results across all major commercial sectors, with many seeing 100% reduction in recorded manual handling incidents.

Exhibitors List

- Health Care Centre
- Arjo Huntleigh
- Osprey Healthcare
- Byw Bywyd Living Life
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- Centrobed
- Spectrum Healthcare
- Benmor Medical
- SK Handling
- 1st Call Mobility
- Osmonds Ergonomics
- AAT (Offer Pŵer Dringo Grisïau)
- Slingsby



The Conference organisers would like to thank:

The Speakers

For giving up their time to attend the Conference and for sharing their knowledge and experience with us.

The Delegates

For attending this event, we hope you found the Conference a motivating and useful experience and a valuable contribution to your Continuing Professional Development.

The Sponsors

For kindly sponsoring the event and enabling delegates to have free admission and refreshments.

Bangor University

For allowing us the use of the venue and all the help and support we received with the preparations.

North Wales Local Authorities

The North West and North Wales Back Exchange Forum and the Working Well Together Group and North West Wales Health and Safety Group would like to thank the following North Wales Local Authorities:

- Gwynedd Council
- Conwy County Borough Council
- Denbighshire County Council
- Flintshire County Council
- Isle of Anglesey County Council

For the collaborative working with regards to the shaping and organisation of this Conference

