



Handling & Moving of People

Overview

This accredited practical 1 day course is for the provision and training of personnel to carry out the moving & handling of people, whilst meeting Health and Safety Regulations and maintaining client dignity at all times. It is also designed to heighten awareness and reduce workplace injuries, and protracted absences.

Target Group

This course is designed for any personnel within the Healthcare industry who are required to handle or move people as part of their working role.

Objectives

By the end of this course, delegates will be able to;

- ✗ Understand their legal responsibilities
- ✗ Understand how to prevent injury
- ✗ Demonstrate good practice techniques in the moving & handling of people

Course Content

This course covers the following topics/areas;

- ✗ **The Law**
 - Manual Handling regulations & legislation
 - Employer and Employee responsibilities
- ✗ **Risk Assessment**
- ✗ **Manual Handling Techniques**
 - Main principles & good practice
- ✗ **Handling & transfer aids**
 - Different types of aids & their usage
 - Assisting mobility
- ✗ **Physiology of the spine**
 - Preventing injury
 - Safe back posture
- ✗ **The client**
 - The importance of communication
 - Maintaining dignity
- ✗ **Practical session**

Requirements

Delegates must be physically able to carry out manual handling.