

Moving and Handling of People

This course is available as a full course or refresher.

The full course is run 09:30 – 16:30 and the refresher is 3 hours.

Aims and objectives of this course are:

- An understanding of the legislation associated with Moving and Handling
- To relate the principles of moving and handling to the anatomy of the spine
- Explain the role of relevant legislation and guidelines relating to moving and handling practice
- Prevent occurrence of moving and handling related injuries
- Understand the risk assessment process
- Recognise poor and unsafe techniques
- Demonstrate safe and effective moving and handling techniques, promoting safe practice.

Assessment Method: 20 multiple choice questions and practical Assessment

The one day course covers the practical aspects of moving and handling of people safely. It is essential that all staff are updated annually in moving and handling of people. Carers who move or need to handle people as part of their daily tasks are most at risk group when it comes to back injury.

The refresher course explores the relevance of moving and handling, incorporating the anatomy, 24 hour back care and posture awareness. Candidates are encouraged to problem solve, demonstrate practical techniques and safe use of handling techniques.

