



Moving & Handling of People Refresher

Our *Moving & Handling of People* course is aimed towards providing caregivers with a working knowledge of manual handling principles and an understanding of legislative requirements & assessment processes, with regards to moving & handling in both a general and care-focused setting.

During the session delegates will be given the opportunity to take part in a number of exercises focused on putting their knowledge & understanding into practice.

Key components include:

- The structure and function of the spine
- Manual handling injuries and the activities which cause them
- Relevant legislation and local workplace policy
- Manual handling risk assessment and control options
- Responsibilities imposed by manual handling operations regulations
- Practical demonstration of use of manual handling techniques and equipment

The course is divided into either a morning or afternoon session. With an overview of the structure of the spine, and the injuries that can occur. The legislation surrounding manual handling, and how this directly affects the policies & procedures within their workplace.

The delegates will look at the practical application of the above with regards to moving & assisting patients, in a manner that maintains patient dignity and the safety of all involved. This includes a focus on teamwork, and on proper usage of equipment such as hoists and transfer sheets.

Assessment is by means of an observation during the practical session.