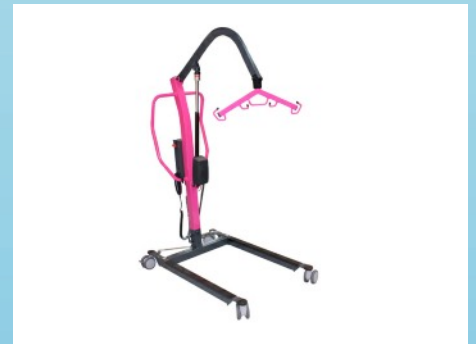




Moving and Handling

Course Objectives

To prevent injury to themselves or others in the workplace, it is essential that health and social care staff are suitably equipped and trained to carry out safe moving and handling. This training course provides the participant with the necessary knowledge, skills and confidence to carry out their role as a carer safely and effectively, while also complying with the current legislation.



Course Content

- Health and safety legislation related to moving and handling
- Types, frequency and cost of manual handling injuries
- Anatomy of the spine and causes of back injury and back pain
- An understanding of the ergonomic principles of safer moving and handling
- Risk assessment - how to identify manual handling hazards and their associated risks
- Bio-mechanics - good back care and the principles of safer moving and handling
- Practical demonstration of techniques using a range of handling equipment/aids and hoists used in a care setting

Who Should Attend?

- Residential home owners and managers
- Residential home staff
- Home care support workers
- Family carers

Course Information

- Duration:** Half-day course (3 hours)
Location: Eastbourne, East Sussex
Frequency: Annual updates
What's included: Tea / coffee & biscuits
All work and exercise sheets
Completion certificate

Bookings

For availability and bookings, contact Unity Training Solutions today on 0845 034 6410.

In-house Training

If you have a several staff to train, Unity can arrange group training workshops for you at their Eastbourne centre. Alternatively, if you have the facilities, training can be delivered in-house.