



1 Day Paediatric Handling Practical Skills Course

9.00 – 9.10

Revision of basic Biomechanics of Back Injury

9.10 – 9.30

Video Footage of hazardous lifting, carrying, lowering, pushing & pulling

9.30 – 10.45

Practical Demonstrations & Group Practical

- Postural Awareness * & Spinal Movements
- Semi Squat Lifting & Lowering (Inanimate Loads & Children)
- Full Squat Lifting & Lowering (Inanimate Loads & Children)
- Lunge Lifting & Lowering (Inanimate Loads & Children)
- Handling Children from & into cars
- Carrying Loads (Inanimate Loads & Children)
- Pushing & Pulling Wheelchairs, Pushchairs & Mobile Hoists
- Handling Wheelchairs up & down ramps & curbs

* Discussion related with changing child's clothes, feeding whilst seated etc.

10.45 – 11.45

Practical Demonstrations & Group Practical

- Sitting to Standing from chair & bed #
- Assisted Walking (1 & 2 Handlers)
- Standing to Sitting #
- Moving forward in the chair #
- Moving back in chair #
- Stand Aids
- Wheelchair/ Chair to Bed using Transfer Board #
- Falling/ Fallen Children
- Sitting from supine on the floor #
- Use of Paediatric Handling Belts

11.45 – 12.45

Bed heights and Posture Ergonomics

Practical Demonstrations & Group Practical

- Sitting from supine #
- Sitting from supine (Mobility Aids)
- Sitting from sidelying #
- Sitting to lying down supine





12.45 – 13.15

Lunch

13.15 – 14.00

Practical Demonstrations & Group Practical

- Sitting to lying down sidelying #
- Rolling children from supine to side lying
- Positioning of Flat Sheets & Roller Sheets (rolling)
- Positioning of Flat Sheets (Unravelling technique)
- Moving child up bed/ changing plinth #
- Turning child on side using Flat Sheets

14.00 – 16.30

Principles of Hoisting

Selection & use of Paediatric slings (Universal, Toileting, Hammock)

Practical Demonstrations & Group Practical

- Fitting a sling on child lying in a bed/ on a changing plinth (rolling both ways)
- Fitting a sling on child lying in a bed/ on a changing plinth (Origami Technique)
- Fitting a sling between 2 flat sheets
- Fitting a sling using a Roller sheet
- Use of Mobile, Standing, Ceiling & Gantry Hoists
- Hoisting child from a bed/ changing plinth to a chair
- Fitting a sling sitting in chair
- Fitting a sling under a child in a moulded wheelchair
- Hoisting child from a chair to bed
- Positioning of Flat Sheets on floor
- Moving child on floor from confined space using Flat Sheets
- Hoisting from floor to bed

