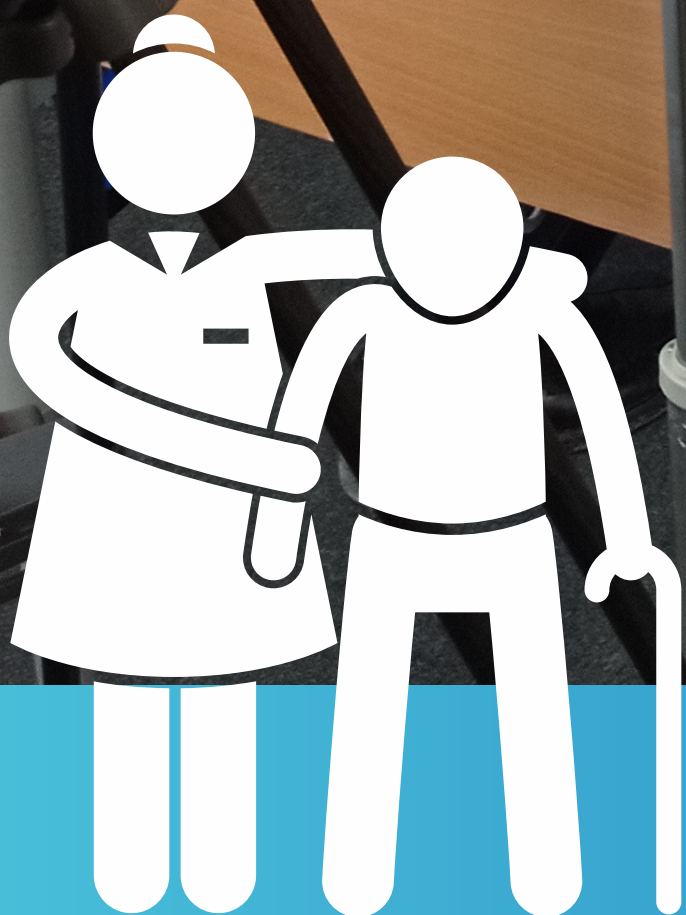


# 3 DAY MOVING & HANDLING OF PEOPLE INSTRUCTOR COURSE



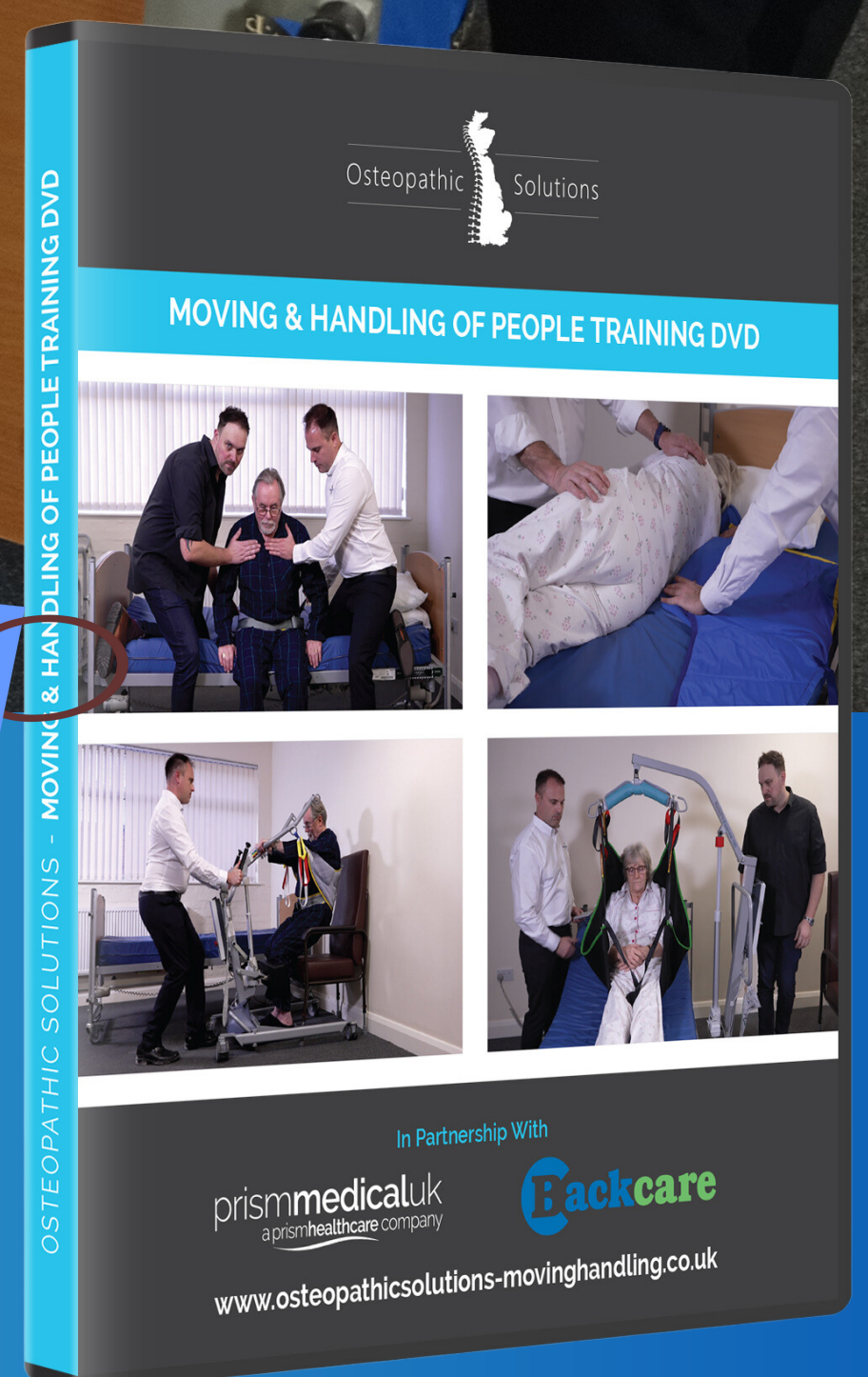
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# LEARNING OUTCOMES

Attendees will have a knowledge of the relevant laws in handling & social care & teach care staff to recognize the role of these laws in day to day moving & handling.

Attendees will understand the economic & social impacts of Musculoskeletal Disorders (MSDs).

Attendees will obtain a knowledge & understanding of simple anatomy & biomechanics of the spine & apply this knowledge to raise awareness of unsafe manual handling/ moving & handling of people practices.

Attendees will have competency in effective teaching of safer lifting, carrying, lowering, pushing & pulling techniques.

Attendees will be able to teach safer verbal guidance & minimal assistance handling techniques of people in chairs & associated controversial techniques to avoid & why.

Attendees will be able to teach safer assisted walking practice & controversial handholds.

Attendees will be able to teach competency in use of handling belts, transfer boards & stand aids & when their use is indicated.

Attendees will be able to pass on safe postural ergonomics related to profiling beds.

Attendees will be able to teach competent use of all profiling bed functions.



Attendees will be able to teach safer verbal guidance & minimal assistance handling techniques of people when getting off the bed & back to bed & associated controversial techniques to avoid & why.

Attendees will be able to improve awareness & teach competency in use of mobility aids relevant to people getting off the bed & back to bed.

Attendees can describe the benefits of using flat slide sheets compared to roller slide sheets.

Attendees will be able to teach application of slide sheets under the supine person.

Attendees will be able to teach different minimal handling methods of safely moving people up the bed using slide sheets & associated controversial techniques to avoid & why.

Attendees will be able to teach different minimal handling & equipment handling methods using slide sheets in safely moving people from a supine to side lying position & associated controversial techniques to avoid & why.

Attendees will be able to give care staff sufficient knowledge on the principles of hoisting & specific functions of a variety of hoists.

Attendees will be able to teach individual competency in assessing sling size & type.

Attendees will have the knowledge & comprehension of all methods of fitting slings under the supine person & the ability to teach these to care staff.

Attendees will have competency in teaching safe use of hoists.



Attendees will have the knowledge of all methods of handling the fallen service user & be able to teach these methods to care staff.

Attendees will be aware of basic teaching methods relevant to effective moving & handling of people training.

Attendees will be able to construct a variety of Induction Courses specifically relevant to domiciliary, residential, day centre, reablement, nursing & hospital staff.

Attendees will be able to communicate with care & clinical services staff on specific Refresher Training needs & assess staff competency.

Attendees will be to construct & deliver effective Refresher Training Courses.



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# Day 1

**9.15 – 9.45**

- Instructor & Attendee Introduction
- Course Outline
- Relevant Law in Handling & Social Care

**9.45 – 10.45**

- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine – Muscles/ Ligaments/ Joints/ Discs
- Basic Function of the Spine – Kinematics Explained
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders
- Video Footage of hazardous lifting, carrying, lowering, pushing & pulling

**10.45 – 12.30**

## **Practical Demonstrations & Group Practical**

- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Carrying Loads
- Pushing & Pulling Wheelchairs

**12.30 – 12.45**

- Moving & Handling of People
- Verbal Guidance/ Minimal Assistance/ Minimal Handling/ Equipment
- Factors behind successful Sitting to Standing

**12.45 – 13.15**

**Lunch**

**13.15 – 16.30**

## **Practical Demonstrations & Group Practical**

- Sitting to Standing from chair & bed #
- Assisted Walking (1 & 2 Handlers)
- Walking Aids (Zimmer Frames/ Walking Sticks/ Rollators)
  - Standing to Sitting #
  - Moving forward in the chair #
  - Moving back in chair #
  - Stand Aids
- Wheelchair/ Chair to Bed using Transfer Board #
  - Managing the falling patient
  - Use of Handling Belts



- **Bed Height & Posture Ergonomics**
  - **Use of Profiling Beds**
  - **Sitting from supine #**
- **Sitting from supine (Mobility Aids)**
  - **Sitting from sidelying #**

## **Day 2**

**9.15 – 12.45**

### **Practical Demonstrations & Group Practical**

- **Sitting to lying down supine**
- **Sitting to lying down sidelying #**
- **Rolling person from supine to side lying**
- **Positioning of Flat Sheets & Roller Sheets (rolling)**
- **Positioning of Flat Sheets (Unravelling technique)**
  - **Moving person up bed #**
- **Turning person on side using Flat Sheets with minimal handling**

**12.45 – 13.15**

**Lunch**

**13.15 – 16.30**

### **Practical Demonstrations & Group Practical**

- **Lateral supine bed transfer using Flat Sheets**
- **Turning person on side using Flat Sheets & mobile hoist**
  - **Sling types & choosing the right sling size**
- **Fitting a sling on person lying in bed (rolling both ways)**
- **Fitting a sling on person lying in bed (Origami Technique)**
  - **Fitting a sling between 2 flat sheets**
  - **Fitting a sling using a Roller sheet**
- **Principles of Hoisting & Use of Hoists**
  - **Standing Hoist**
  - **Pushing & Pulling Mobile Hoists**





## Day 3

**9.15 – 12.30**

### **Practical Demonstrations & Group Practical**

- Hoisting person from a bed to chair
  - Fitting a sling sitting in chair
- Hoisting person from a chair to bed
- Sitting onto chair with verbal guidance
  - Sitting from supine on the floor #
- Positioning of Flat Sheets on floor
- Moving person on floor from confined space using Flat Sheets
  - Hoisting from floor to bed

**12.30 – 12.45**

- Effective Teaching Skills
- Preparation for Teaching Practice
- Course Development – Content/ Delivery/ Organisation
  - Initial Workforce Training
  - Refresher Training

**12.45 – 13.15**

**Lunch**

**13.15 – 16.30**

- Practical Assessment



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# WHY CHOOSE US?



**Accredited with The CPD Group**

**Competitive Per Attendee Costs**

**Inherently Practical in content**

**Courses run by Osteopaths & Physiotherapists**



**Comprehensive Course Booklet included**

**Formal Practical Assessment**

**Indefinite Post Course Support**

**FREE**

**Online, DVD & USB Versions Available**

- Induction & Refresher Training Tool
- 3 Hours of Video Training Content
  - Employee Assessment Pack
- Cutting Moving & Handling Claims to Zero
  - CQC & HSE Compliance

