

1 DAY MOVING & HANDLING OF PEOPLE INSTRUCTOR CPD COURSE



**APPROVED
PROVIDER**

#781827

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LEARNING OUTCOMES

Attendees will refresh & develop their range of practical techniques & transfers.

Attendees will be able to critique techniques & transfers they have been taught with other Training Providers.

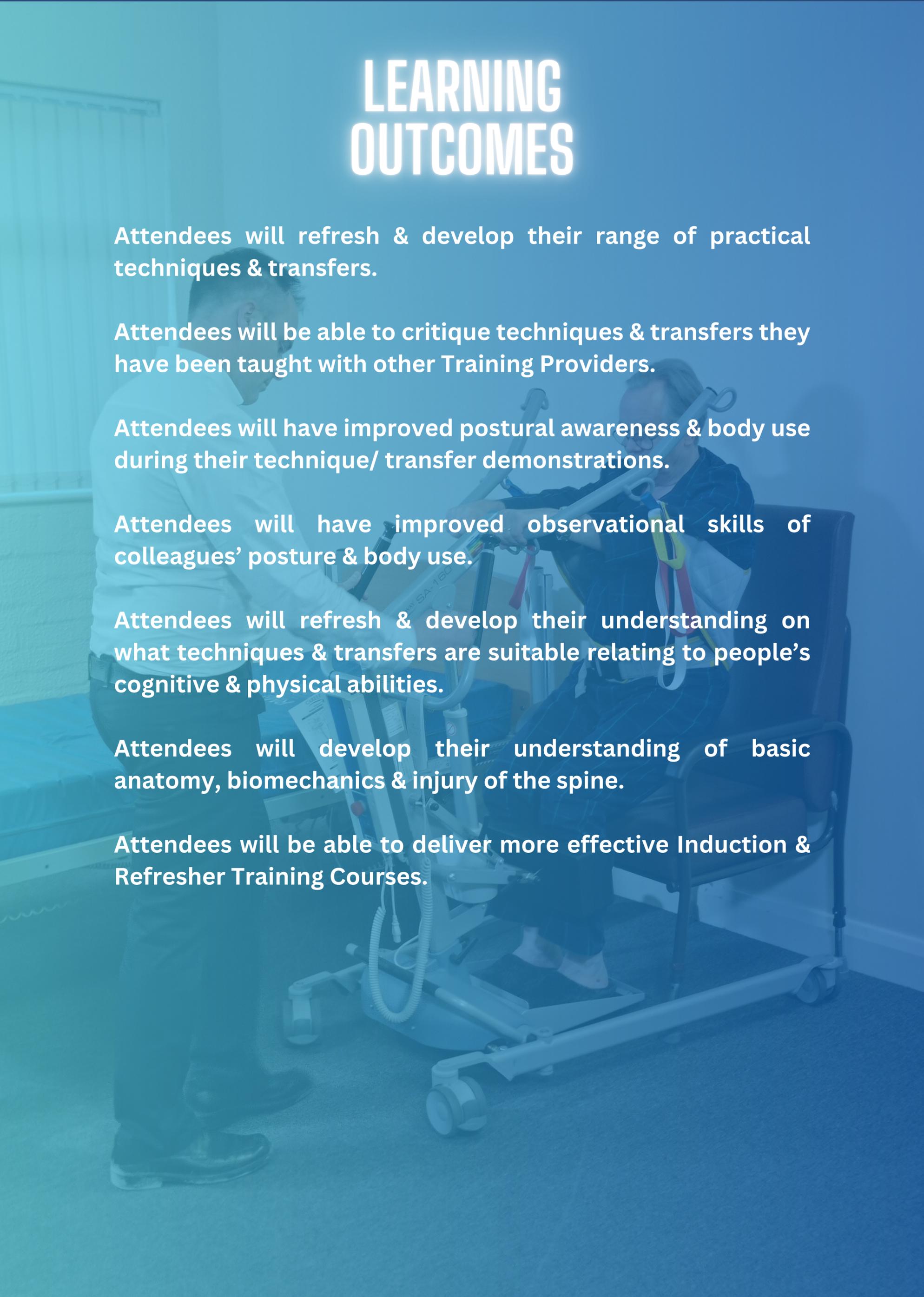
Attendees will have improved postural awareness & body use during their technique/ transfer demonstrations.

Attendees will have improved observational skills of colleagues' posture & body use.

Attendees will refresh & develop their understanding on what techniques & transfers are suitable relating to people's cognitive & physical abilities.

Attendees will develop their understanding of basic anatomy, biomechanics & injury of the spine.

Attendees will be able to deliver more effective Induction & Refresher Training Courses.



9.00 – 9.05

- **Instructor & Attendee Introduction**

9.05 – 12.45

Practical Demonstrations & Group Practical

- **Pushing & Pulling Wheelchairs**
- **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 #**
 - **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**
 - **Lateral supine bed transfer using Flat Sheets**
 - **Sling types & choosing the right sling size**
- **Fitting a sling on person lying in bed (rolling both ways)**

12.45 – 13.15

Lunch

13.15 – 16.30

Practical Demonstrations & Group Practical

- **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**

- Turning person on side using Flat Sheets & mobile hoist
 - 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

Denotes Verbal Guidance & Minimal Assistance Technique

Please note:

Relevant Laws in Handling & Social Care are provided in the Course Booklet



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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

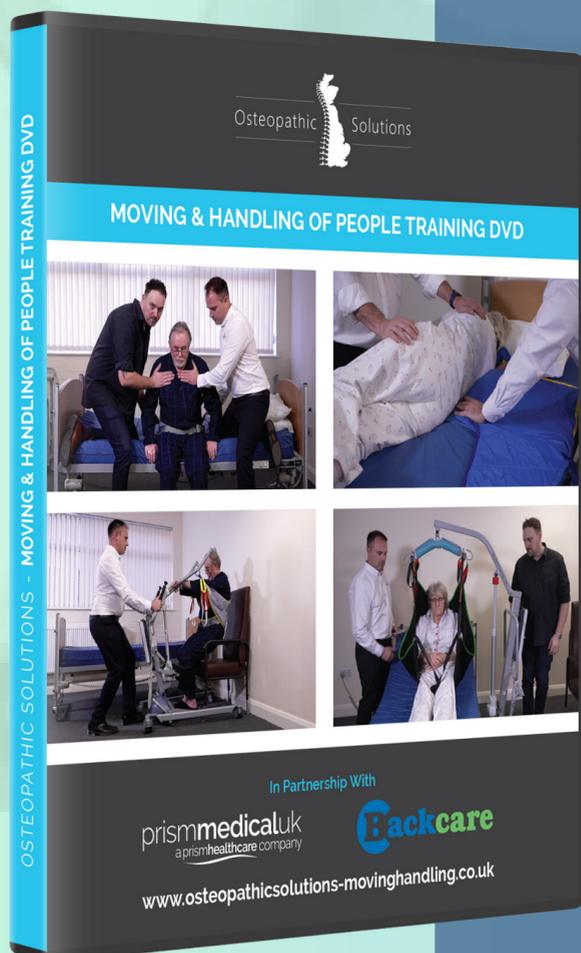
Comprehensive Course Booklet included

Formal Practical Assessment in 4 Day & 3 Day Courses

Indefinite Post Course Support



FREE



- **With 4 Day & 3 Day Course bookings**
- **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**