



Moving and Handling of People

The Manual Handling Operations Regulations do not set any weight limits for lifting and carrying loads and amendments in 2002 clearly now require employees to have adequate or appropriate knowledge or training. The Regulations will apply to nearly all work activities from offices to care homes and factories. There will be different risks associated with different sectors. This Course offers learning outcomes which are suitable for all and provides an effective means of ensuring that employees are aware of their responsibilities and have understood the principles of the safe moving and lifting of loads.

Introduction

The Moving and Handling of People Training Course deals specifically with the handling of people and is relevant to healthcare workers/providers. It follows a minimal handling/lifting policy; however, it includes guidance on handling aids, and importantly risk assessment. This very popular course is ideal for anyone who assists in moving and/or handling people, as part of their role.

Duration

One Day

normally 9:00am – 4:15pm

we are flexible with Start times to accommodate the needs of your business. Please feel free to discuss your timings with us.

Who should attend the Moving and Handling Training?

This moving and handling of people course provides suitable training for all levels of employees who work closely with residents in care homes.

- **Residential and Care Home Staff**
- **NHS Staff**
- **Healthcare workers**
- **People whose work involves moving loads and where workplace risk assessments highlight the need for training.**
- **Manual handling training should form part of every new employee's induction.**
- **The Manual Handling Operations Regulations place a duty on every employer to reduce the potential injury from manual handling operations**
- **Personal Development**

Where Can I attend the Moving and Handling of People?

We can deliver 'in house' training at your Business venue and can provide you with a competitive price for group training. We can deliver any of the above courses at your place of work.

The 'on site' training option is particularly cost effective for Companies that have several people requiring training at the same time (usually 6 or more people). In addition to this there are many other benefits to arranging a first aid training course 'on site':

- *Choosing your own venue gives greater convenience.*
- *Travelling and accommodation costs can be reduced or removed.*
- *A greater choice of course types are available.*
- *The course content can be tailored to your exact requirements.*
- *Businesses and Organisations can choose a suitable time to run their course.*
- *Courses can be run anywhere in the UK.*

Course Aims

At the end of the course, candidates will be able to:

- Describe the principles of safe lifting
- Demonstrate kinetic handling and moving
- List basic legislation and the duties it imposes
- Understand the basics of anatomy and physiology of movement
- State the principles of risk assessment and how to apply them

Course Content

This Course provides fundamental knowledge and understanding of workplace manual handling safety and the procedures required to reduce the risk of injury caused by poor manual handling practices. Course content will cover;

- *Spinal awareness and back care*
- *Manual handling hazards*
- *Manual handling injuries and the activities which cause them*
- *Manual handling assessment*
- *Safe handling principles*
- *Ergonomics*
- *Inanimate load handling*
- *Mechanical aids*
- *Fitness*
- *Responsibilities imposed by the Manual Handling Operations Regulations*
- *Controversial techniques*
- *Team handling and communication*
- *Practical applications*
- *Sitting, Standing & Walking*
- *Bed Mobility*
- *Lateral Transfers*
- *Hoisting and use of slings*

Assessment

The course is subject to ongoing assessment by the instructor throughout the course. There is no final assessment. The instructor observes the learners practice sessions as the training progresses to ensure the required level of understanding and skill is reached.

Certification

Each Delegate will receive a Certificate (Upon successful completion of the training), which is valid for 3 years.

Cost for Training

We are confident that we can offer you a competitive price for all your Training requirements. Call us directly on **0800 774 7034** and we will be able to discuss your requirements.

Any prices which are quoted are exclusive of VAT.

Did you know we also deliver the following training Courses?

First Aid Training

One Day Emergency First Aid at Work – HSE Approved
Two Day First Aid at Work – HSE Approved
Three Day First aid at Work – HSE Approved
First Aid Two Day Refresher Course –HSE Approved
Paediatric First Aid Training – OFSTED Approved
First Aid (AED) Automated External Defibrillator
First Aid - Basic Life Support

Fire Safety Training

Fire Awareness Training
Fire Warden/Marshal Training
Fire Safety in the Workplace Training
Fire Risk Assessment Training
Hot Work Passport Training

Health & Safety Training

Health and Safety Awareness in the Workplace
COSHH Training
Risk Assessment Training
Manual Handling Awareness Training
Moving and Handling of People

Child Protection Training

Child Protection Level 1, 2 and 3
Safeguarding Children
MARAC Training
Drug and Alcohol Awareness
Sexual Exploitation awareness of Children

GK Safety | First Aid Occupational Health & Safety Training Courses throughout the UK

First Aid Training Courses HSE Approved
Paediatric First Aid Training Courses OFSTED approved
Fire Safety Training Courses
Manual Handling Training Courses
Child Protection Training and Consultancy
Health and Safety Training Courses



For enquiries or if you wish to discuss your training requirements in detail please call us on **0800 774 7034** and speak to one of our training consultants.