

MOVING AND HANDLING OF PEOPLE THEORY



Overview

Delivering theory before practical training helps to 'set the scene' and gives delegates an understanding of moving and handling concepts, rather than just the practical aspects. This can dramatically improve the quality of safe handling in practice which therefore promotes the best interests of the services recipients. Although this training is a great introduction for delegates who are looking to progress to the practical course, it also provides essential knowledge for those who are not directly involved in the physical aspects of moving and handling people.

Outline of Programme

- Introduction and explanation.
- Relevant legislation associated with safe moving and handling.
- How injury affects people differently.
- Preventing injuries.
- Knowledge of basic anatomy - spine, discs, ligaments, muscles, etc.
- Ergonomics and movements.
- Bearing the bulk of a person's weight.
- Safe handling principles and correct handling position.
- Appropriate handling techniques in relation to the working environment.

Assessment

The moving and handling of people theory training course takes around 3 hours and delegates may be expected to engage in several group activities. Our experienced trainers

will be on hand to help guide participants through these sessions and a certificate will be awarded upon completion.

Cost

Our courses are competitively priced, and we aim to beat any equivalent training quote.

Important Information

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.
- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Please call to book a day that suits you.