

Moving and Handling

It is estimated that 4.5 million working days (full-day equivalent) were lost in the previous 12 months due to work-related musculoskeletal disorders which mainly affected the back.

Each person suffering from such a condition took an estimated 17.4 days off work on average in this period.

It is important that staff working in Health and Social Care are trained and competent to carry out moving and handling tasks as in many cases this forms a large part of their daily job role.

The aim of this full day course is to reduce risks to both staff and Service Users through the use of safe and efficient moving and handling techniques. Participants will be encouraged and supported to explore and develop their knowledge of Service User moving and handling, which includes their individual responsibilities, relevant legislation and demonstration of practical techniques relevant to their place of work.

This practical course serves as a refresher for experienced staff or as an introduction for new employees and is a requirement under the Essential Standards of quality and safety

- Legislation, Employer/Employee responsibilities
- Safe handling, good/dangerous techniques
- Back care and anatomy of the spine
- Risk Assessment
- Practical Session incorporating hoist training
- Practical Session incorporating handling equipment



Training methods: Lectures, activities, practical assessments, case studies and group discussion. Students will take away with them a comprehensive course handout

Assessment is a thorough observation of practical elements and a multi-choice test paper which is marked by the Tutor and then verified by an assessor, for Quality Assurance purposes. To gain a certificate a course mark in excess of 80% is required. On successful completion of the course, students will receive a Certificate which will remain valid for one year from date of issue. Employers will receive all necessary paperwork to provide an auditable paper trail