

## Essential People Handling Induction or Refresher 1-Day Course

### Aims and Objectives of the Course:

This course is ideal for care staff requiring a basic introduction to the safe handling of people, or who wish to refresh their skills and knowledge at a basic level. The course covers manual handling legislation, assessing risks, spinal awareness, principles of safe handling and the techniques to be avoided.



On a practical level delegates will learn:

- How to move people from sitting to standing with and without handling belts
- Moving people up and down the bed with and without glide sheets
- Turning people in bed with and without glide sheets
- Safe hoisting practices and correct sling choice and application
- Management of the falling person and assisting people up from the floor

### Benefits of attending the course:

By attending this essential safe handling course, delegates will gain the basic knowledge and skills required to get them started in care work, or act as a refresher for those who have previously undertaken some form of formal moving and handling training in the past.

Employers will have met their legal obligations to provide care staff with moving and handling training as required by the Health and Safety at Work etc Act 1974 and the Manual Handling Operation Regulations 1992 (04).

### Certification:

Delegates are required to demonstrate a level of participation and standard of practice which reflects safe practice in the workplace via continual assessment throughout the duration of the course.

Certificates of competency last for 1 year and are run in line with the guidance and standards set by National Back Exchange.