

Train the Trainer Course – 5 Day Course

Aims & Objectives of the Course:

This is a comprehensive 5-day course for those wishing to train others in their organisation in the safe handling of people. It is ideally suited for those who have prior knowledge of moving and handling in the health and social care sectors.

The theoretical elements of the Course cover:

- All relevant health and safety and health and social care legislation, spinal awareness, natural human movement, assessing moving and handling risks using a variety of different assessment tools, principles of safe handling and ergonomics in care.

Teaching practice covers:

- How to plan and prepare a teaching session, teaching strategies, managing a session safely, documentation and record keeping and how to ensure sessions are stimulating and interactive for your audience.

Practical practice covers:

- Using a wide range of moving and handling equipment and exploring the use of a wide variety of people handling techniques to address the issues found within the clinical workplace; such as assisting patients in and around the bed, in and out of chairs/baths, walking, management of the falling/fallen patient and hoisting and lateral transfers.

Benefits of attending the course:

- By attending this course delegates will gain all the knowledge and skills required to deliver training in-house, to their own staff, addressing specific issues relative to their own organisation. It also allows employers flexibility in delivering training at a time and pace to suit.



Certification:

- On successful completion of the course delegates will be required to undertake a written exam consisting of both long and multiple choice questions and to prepare and present a microteach session to the rest of the group on a manual handling topic of their choice.

Certificates of competency last for 3 years, and are run in line with the guidance and standards set by National Back Exchange.