

## Safer Moving & Handling of People Principles and Practice 1 Day

### Course Description:

Musculoskeletal Disorders (MSDs) are the most common cause of occupational ill health in Great Britain, currently affecting 1.0 million people a year and costing society £5.7 billion. MSDs affect the muscles, joints, tendons and other parts of the musculoskeletal system. By educating staff in the principles of safe moving and handling, and facilitating a problem-solving approach that is people-handling centred, training can contribute to excellence in care as well as reducing injury

### Course Outline:

- Outline of the programme:
- : The legal aspect of Manual Handling
  - : Problem-solving approach
  - : Musculo-skeletal awareness
  - : The importance of posture
  - : Efficient movement principles
  - : The role of care plans and balanced decision making
  - : Selection and use of equipment
  - : Planning for emergency situations
  - : The importance of documentation
  - : Practical Sessions

### Course Duration:

1 Day

### Assessment:

There is no final assessment. The tutor ensures a thorough understanding has been achieved by questions, answers, discussion and extensive practical scenarios.

### Certification:

All course delegates will receive a certificate of attendance and refresher training is recommended every 12 months.

