

## Safer Moving & Handling of People Principles and Practice 1/2 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

### Course Duration:

1/2 Day

### Assessment:

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

### Certification:

All course delegates will receive a certificate of attendance

