Moving and Assisting Introduction Training 2018

Full Day Course – 6 Hours

This course is designed to offer all staff a full day on Moving and Assisting People. It is suitable for all those entering the Care Industry and has no previous knowledge of this subject and Certificates of Training are valid for 3 years (CQC recommends refresher courses once a year).

Poor moving and handling practice can lead to:

- back pain and musculoskeletal disorders, which can lead to an inability to work
- moving and handling accidents – which can injure both the person being moved and the employee
- discomfort and a lack of dignity for the person being moved

The moving and handling of people is a regular task in health and social care, which if not done safely, can cause serious injury to service users and staff.

By the end of this essential course you will be able to:

- **Identify key pieces of legislation that relate to moving and assisting including MHOR, PUWER, LOLER, HSWA, RIDDOR, (13.3a)**
- **List tasks relating to moving and assisting that they are not allowed to carry out until they are competent. (13.3b)**
- **Identify the importance of working in accordance with policies and procedures**
- **Identify basic anatomy of the spine.**
- **Describe the functions of the various anatomy of the spine.**
- **Describe how injuries can occur.**
- **Demonstrate neutral posture.**
- **Identify where to access risk assessments and safe systems of work.**
- **Explain the importance of following safe systems of work.**
- **Execute the actions to take if a risk assessment doesn't reflect true practice and identify who to report it to.**
- **List the 5 key steps to risk assessment.**
- **Demonstrate a wide range of safe moving and assisting techniques including:**
    - **Sit to stand techniques**
    - **Use of standing transfer aids**
    - **Use of wheelchairs**
    - **Hoisting techniques**
- **Techniques for moving and personal care on a bed**
- **Demonstrate how to promote dignity while moving and assisting**

This course is mapped to Care Certificate Standards 1, 3, 5, 6, 7 & 13