

[Moving and Assisting People Refresher Training 2018](#)

Half Day Course - 3 Hours

This is a condensed training session and is designed specifically for those who have passed their Manual Handling Induction and are in need of a refresher for their CPD or Nurse Validation. This half day course concentrates on the physical activities and techniques used in day to day handling of patients and how staff can maintain their own wellbeing.

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.

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

- Recognise the law and relevant legislation
- Recognise the impact of back injury
- Identify different musculoskeletal injuries and how joints are affected
- Solve basic problems with risk assessment
- Compare the consequences of good back care and the lack of it
- Demonstrate how to use various equipment for moving and assisting people
- Demonstrate how to use slide sheets
- Demonstrate how to check slings and wheelchairs
- Demonstrate sit-to-stand techniques, floor-to-standing techniques
- Operate a hoist confidently using relevant sling and settings
- Recognise the importance of good Record Keeping
- Identify different types of moving and assisting techniques and utilise alternatives when necessary.

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