

Course Duration	3-4 Hours*
Who is the course aimed at	All Grade Health and Social Care Workers
Course Pre-requisites	Candidates must hold a previous manual handling
Course Standard	Course is assessed and certificated
Number of seats	15 maximum
Type of Training	Face to Face

### **Course Pre-requisites**

Candidates must hold a previous manual handling certificate. Candidates are required to have a reasonable degree of physical fitness to become involved in the practical element of the course – if any candidate has any known injuries this must be communicated prior to commencement of the course.

### **Course Content**

- Legislation
- Anatomy and physiology of the spine
- Efficient body movement
- Ergonomics
- Accumulative effects of bad practice
- Risk assessment
- Practical use of handling aids
- Unsafe practices
- Safe Practices
- Demonstration and Assessment of practical techniques

### **Venue Requirements**

Refreshments to be provided by the client.

### **Equipment Needed**

A hoist will need to be provided by the client at the training venue.  
Handouts and workbooks will be provided. Candidates need to bring notepaper and pens with them.

### **Other Notes**

\*Please note that the length of the course is approximate and depends upon the number of candidates attending and the level of participation from them.

Location may vary and is subject to availability.