



Target Audience

Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This programme has been developed for staff who have a responsibility for training others in Moving and Positioning people within their workplace. It is designed to support organisations with an internal training provision.

It will provide learners with the necessary skills and knowledge to plan, deliver, and evaluate teaching and learning sessions for moving and positioning people.

It is essential that trainers understand the importance of using a whole range of delivery methods, including real case studies from within your own organisation. This will ensure that practice is developed not only in line with occupational standards, but also considering the specific needs of all of the people your staff teams support, which will lead to improved well-being and quality of life.

The Moving and Positioning element of the programme comprises of both theoretical and practical work, and trainers will learn how to support staff to take care of their back as well as safely and effectively move and position the people they support.

To attend this programme learners will require experience of working with people who require support to move and reposition, and a passion for developing the skills and practice of others. The course comprises of both theory, demonstration, and participation of practical techniques.

The theory elements of this programme can be delivered via Live learning.

This course is delivered at a venue selected and booked by your organisation, all equipment required to be used within the session should be supplied by your organisation.

This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, group discussions, small group activities, scenario-based activities, learner action plans and Moving and Positioning equipment including sliding sheets, handling belts, hoists and a variety of other service specific equipment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ Health and Safety at Work Act 1974
- ◆ Manual Handling Operations Regulations 1992
- ◆ Lifting Operations and Lifting Equipment Regulations 1998
- ◆ VAK Learning Styles Self-Assessment Questionnaire

Course Content - Day 1

- ◆ Introduction to training moving and positioning sessions
- ◆ Back facts, common back conditions and back pain
- ◆ General health, posture, spinal anatomy and physiology
- ◆ Examining current moving and positioning practice
- ◆ Warnings against unsafe and outdated moves
- ◆ Current techniques in practice
- ◆ Maximising a person's own abilities
- ◆ Ways to maintain a safe and supportive learning environment
- ◆ The importance of identifying and meeting individual learner needs
- ◆ Promoting appropriate behaviour and respect for others

Learning Outcomes - Day 1

After attending this course, learners will be able to:

- ◆ Explain their responsibilities as a trainer to deliver training sessions in Moving and Positioning
- ◆ State a range of back facts, common back conditions, and back pain
- ◆ Give an overview of general health, posture, spinal anatomy, and physiology
- ◆ Give an example of current moving and positioning practice
- ◆ List unsafe and outdated moves
- ◆ Demonstrate current techniques in practice
- ◆ State how to maximise a person's own abilities
- ◆ Describe ways to maintain a safe and supportive learning environment
- ◆ Give an example of the importance of identifying and meeting individual learner needs
- ◆ State how to promote appropriate behaviour and respect for others

Course Content - Day 2

- ◆ Preparing for a micro teach session – Individual or group work
- ◆ Lesson planning
- ◆ Resources and sources available
- ◆ Types of assessment and their purpose
- ◆ Requirements for keeping records of attendance, evaluations, and assessments

Learning Outcomes - Day 2

After attending this course, learners will be able to:

- ◆ Prepare for a micro teach session – Individual or group work
- ◆ Complete a lesson plan for a micro teach session
- ◆ List resources and sources available
- ◆ List different types of assessment and their purpose
- ◆ State the requirements for keeping records of attendance, evaluations, and assessments

Course Content - Day 3

- ◆ Preparation and practice for delivery of individual micro teach sessions
- ◆ Delivery of micro teach sessions
- ◆ Self-evaluation of micro teach session

Learning Outcomes - Day 3

After attending this course, learners will be able to:

- ◆ Prepare and practice for delivery of micro teach session
- ◆ Take part in the delivery of micro teach sessions
- ◆ Complete a self-evaluation of micro teach session

Duration: 3 Days