



## Target Audience

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Care and Support staff in a variety of settings, Housing Support Teams, Maintenance and Housekeeping team members.

This course has been developed for all learners involved in manual handling of loads. It prepares learner to take care of their back both in and out of work. This training covers both theoretical and practical aspects of manual handling.

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

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, videos and scenarios for breakout groups, questioning and participation and an end of session assessment.

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

- ◆ The Care Certificate Standard 13
- ◆ Health and Safety at Work Act 1974
- ◆ Manual Handling Operations Regulations 1992

## Course Content

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- ◆ Legislation
- ◆ Workplace injury statistics
- ◆ General health and posture
- ◆ Spinal anatomy and physiology
- ◆ Risk assessments
- ◆ Manual handling techniques
- ◆ Record keeping

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ List manual handling legislation
- ◆ Describe the functions of the spine
- ◆ State the 5 key principles of a risk assessment
- ◆ Demonstrate how to move equipment and other objects safely

**Duration: 3 Hours**