



## Target Audience

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

This course has been developed for staff who have a responsibility for moving and positioning/repositioning people. It will provide staff with the knowledge required to work safely in the workplace. It prepares staff to take care of their back both in and out of the workplace.

The course comprises of both theory and demonstration of practical techniques.

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

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

### 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

## Course Content

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- ◆ Legislation in relation to moving and positioning
- ◆ Understanding the human right to refuse
- ◆ Develop knowledge around decision making
- ◆ Understand the concept of dependence, promoting independence and applying this to the service setting
- ◆ The risk assessment process (TILE/LITE)
- ◆ Health, posture, spinal anatomy, physiology and common injuries
- ◆ Warnings against unsafe and outdated moves
- ◆ Improved techniques and principles
- ◆ Live practical demonstration to include:
  - ◆ Hand positions front and back
  - ◆ Body weight and counterbalance principles
- ◆ Videos to Include:
  - ◆ Turning and repositioning
  - ◆ Slide sheet use
  - ◆ Hoist and sling use

## Learning Outcomes

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

- ◆ Give a brief description of anatomy and physiology in relation to moving and positioning individuals
- ◆ State legislation and agreed ways of working to be taken into consideration when moving and positioning individuals
- ◆ State how to minimise risk before moving and positioning individuals Describe how to prepare individuals before moving and positioning
- ◆ State actions to take following this course for practical application of knowledge

**Duration: 3 Hours**