



Target Audience

This two and a half day course is an intensive workshop which provides the tools needed for Occupational Therapists (OTs) to carry out manual handling risk assessments and implement safe systems of work for moving and assisting people to move. This workshop will provide knowledge and skills based on current best practice to enable OTs to be effective in their role of prescribing manual handling equipment to formal and informal carers.

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

- ◆ Face to Face tutor facilitation, questionnaires, video's, scenarios for breakout groups, questioning and participation and an end of session assessment. A range of equipment, including hoists, slides sheets and transfer boards.

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
- ◆ Lifting Operations and Lifting Equipment Regulations 1998

On completion of this programme learners will have:

- ◆ Attended a 2.5 day programme
- ◆ Carried out moving and positioning risk assessments
- ◆ Been observed moving and positioning loads

Course Content – Day 1

- ◆ Legislation – MHOR, LOLER, PUWER
- ◆ The Care Act, Human Rights Act and Mental Capacity Act
- ◆ Incidence and severity
- ◆ Common back conditions
- ◆ Spinal anatomy and physiology
- ◆ General health and posture
- ◆ Principles of moving and positioning
- ◆ Risk assessment

Learning Outcomes – Day 1

After attending this course, learners will be able to:

- ◆ State current legislation in relation to moving and positioning loads and people
- ◆ Describe the impact of The Care Act, Human Rights Act and Mental Capacity Act on moving and positioning
- ◆ State Incidence and severity of back care facts
- ◆ List common back conditions
- ◆ Describe the importance of knowing spinal anatomy and physiology
- ◆ Give an example of how general health and posture support a person
- ◆ State the principles of moving and positioning
- ◆ List 5 steps to risk assessment

Course Content – Day 2

- ◆ Identifying the hazards associated with moving and positioning
- ◆ Carrying out moving and positioning risk assessments for loads and people
- ◆ Maximising a person's own ability
- ◆ Improved techniques and principles for moving and positioning people
- ◆ Techniques for moving loads
- ◆ Reviewing current practice and techniques
- ◆ Organisational and professional policies on moving and positioning

Learning Outcomes – Day 2

After attending this day, learners will be able to:

- ◆ Identify the hazards associated with moving and positioning
- ◆ Carry out moving and positioning risk assessments for loads and people
- ◆ Describe how to maximise a person's own ability
- ◆ Demonstrate improved techniques and principles for moving and positioning people
- ◆ Demonstrate techniques for moving loads
- ◆ Review current practice and techniques
- ◆ State organisational and professional policies on moving and positioning

Course Content – Day 3

- ◆ The concept of 'Balanced Decision Making' in risk assessments
- ◆ Practical application of assessing people for equipment
- ◆ Reviewing current practice to make recommendations for change

Learning Outcomes – Day 3

After attending this day, learners will be able to:

- ◆ Describe the concept of 'Balanced Decision Making' in risk assessments
- ◆ Demonstrate practical application of assessing people for equipment
- ◆ Review current practice to make recommendations for change

Duration: 2.5 Days