

course objectives

On completion of the course, delegates will understand:

- Legal requirements relating to load management.
- The cost of lost working days due to back injury.
- The spine and contributory factors to back pain and musculo-skeletal problems.
- 24 hour back care.
- Current policy on lifting and handling.
- Manual handling and client handling Risk Assessment.
- The principles of safe manual handling and holding.
- Correct uses of manual handling aids and equipment.

who is the course for?

All those involved in direct patient/service user contact or whose job involves the movement of loads and/or equipment.

duration / format

6 hour duration

instructor / trainee ratio

Min 1:6 Max 1:15

awarding body

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Certificate of Attendance

course content

- Base movement.
- Legislation.
- The spine.
- Causes of back pain.
- Principles of safer manual handling.
- Methods of holding.
- Manual handling and risk assessments.
- Risk Assessment factors.
- Case studies.
- Practical demonstrations.

course requirements / notes

Delegates are required to take active participation in the practical demonstrations in order to receive certification. Delegates should dress appropriately for carrying out manual handling tasks.

Training rooms should provide adequate seating and have sufficient clear floor space in which to carry out manual handling tasks.

further information / contact us

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