

# Moving and Patient Handling Awareness Course

**Duration:** One Day

**Designed for:** Personnel who require an awareness of their duties in relation to manual and patient handling.

**Objectives:**

- Basic knowledge of legislation.
- Recognition of poor posture.
- Recognise hazardous and safe techniques.
- Effective risk assessment.
- To provide staff with an awareness of manual and patient handling activities relative to their workplace.
- To introduce staff to manual and patient handling techniques to safe guard themselves against back injury.

**Course Content:**

- Functions of the body.
- Causes of injury.
- Factors to consider.
- Assessing the risks.
- Control measures.
- Principles of carrying out manual handling tasks.
- Case studies.
- Group discussions and exercises.
- Course questionnaire, evaluation and close.

This course will include group discussions and exercises, finally concluding with a short multi-choice questionnaire.

On completion of the course a certificate will be awarded to each successful staff member. The participating Company are presented with a Corporate Certificate.

**Course Cost: Price available on application.**

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