

# MOVING AND HANDLING OF PEOPLE IN RESIDENTIAL CARE

COURSE CONTENT OVERVIEW

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If you work in a health or social care setting then it's likely that you spend a large part of your day moving and handling the service users in your setting. Whether you're using specialist lifting equipment, like hoists and slings, or simply helping residents to walk from one place to another, it's essential that you have an understanding of the safety risks and know what you can do to prevent them from causing harm.

This Moving and Handling of People course aims to help you learn more about identifying the risks through a risk assessment, how to prevent the development of musculoskeletal disorders with good handling techniques, and how to ensure that the comfort and safety of both you and your service users remains at the forefront.

#### **Module One: Introduction to Moving, Handling and the Law**

This module looks at why it's important to learn about the correct moving and handling practices and outlines the potential injuries people may suffer as a result of poor manual handling techniques. The module also looks at the legislation related to moving and handling and explains how you can comply with the law.

- Why is training important?
- Moving and handling activities
- Potential injuries
- Legislation
- Employer and employee responsibilities

#### **Module Two: Risk Assessment**

This module explains each of the essential steps in a risk assessment to help you understand what needs to be considered in your setting. The module looks at how to personalise the risk assessment for individual service users and highlights the importance of controlling the risks.

- What is a risk assessment?
- Generic assessments
- Individual assessments
- Identifying the hazards
- Deciding who may be harmed
- Personalising the risk assessment
- Controlling the risks
- Recording and reviewing the assessment

#### **Module Three: Using Equipment Safely**

This module provides essential safety tips for using some of the most common moving and handling equipment so that the likelihood of injury is reduced.

- PUWER and LOLER
- Staff competency
- Types of equipment
- Hoist safety
- Sling safety
- EPB safety
- Wheelchair safety
- Walking aid safety

#### **Module Four: Best Practice for Moving and Handling**

This module outlines the good manual handling techniques that you should use when lifting, carrying, pushing or pulling an object or person. The module also looks at what needs to be considered before beginning a moving and handling task to ensure that everyone involved is comfortable and prepared.

- Preparing to move someone
- TILEO
- Good handling techniques
- Poor handling techniques
- Assisting people without equipment

## Aims of the Training

By the end of this course learners will:

- Be aware of the types of injuries that people may suffer as a result of poor moving and handling practices.
- Know what the law says about moving and handling people and equipment.
- Understand how to carry out a risk assessment and personalise the assessment for individuals.
- Have knowledge of how to use different types of moving and handling equipment safely.
- Understand good manual handling techniques.
- Know the steps to follow when preparing to move a person to ensure the move is safe and comfortable for the person involved.