

COURSE CONTENT OVERVIEW

Moving and Handling People in Health and Social Care

If you work in health and social care, it is likely you will have to move or handle people as part of your role. Often this will involve the use of specialist equipment such as sliding aids, hoists, slings and handling belts. It is important that you carry out moving and handling activities safely and correctly to prevent the risk of injuries to yourself, service users or others.

This course provides you with the information, techniques and guidance you need to move and position service users safely, and in a way that promotes their independence, dignity and functional mobility. You will learn how to work in accordance with moving and handling risk assessments, how to use certain types of moving and handling equipment and how to ensure you are always following best practice.

Module 1: Introduction to Moving and Handling People

This module outlines the key principles involved in moving and handling, including the relevant legislation and guidelines. It also outlines the different responsibilities employees and employers have and the support available to facilitate good practice.

- Key principles involved in assisting and moving people
- Employer and employee responsibilities
- Legislation and guidelines

Module 2: Risk Management

This module explains risk assessments including how to identify the potential hazards and implement appropriate controls to prevent them. It outlines the importance of skeletal fragility including the spine, back care and common injuries involved in moving and handling.

- Understanding risk assessments
- Skeletal fragility
- Common moving and handling injuries
- Risk factors
- Controlling the risk factors
- Reviewing and updating risk assessments

Module 3: Safe Practice

This module looks at how bodies move and the important factors to remember when preparing and performing moving and handling tasks, ensuring they are undertaken safely and with the service user's dignity in mind.

- Communication
- Principles of safe moving and handling
- Ergonomics & human movement patterns
- Promoting dignity & independence

Module 4: Types of Equipment

This module teaches about different types of equipment and the preparatory checks that must be made before using them. It also explains the situations in which you would need to use the equipment and how it should be used.

- Introduction to moving and handling equipment
- Preparatory checks
- Electric profiling beds
- Bed rails
- Hoists and slings
- Slide sheets
- Wheelchairs
- Turning aids
- Commodes
- Shower chairs
- Bath seats
- Handling belts
- Transfer boards

Module 5: Moving and Handling Techniques

The final module covers the techniques and key things to remember when moving and handling people. It outlines different scenarios and activities you may have to carry out as part of your role and how to complete them correctly.

- Key things to remember
- Controversial techniques
- Assisted sitting
- Assisted standing
- Assisted walking
- Lying to sitting
- Rolling a service user in bed
- Repositioning using slide sheets
- Assisting a service user who has fallen
- Dressing
- Getting into a vehicle

Aims of the training

Upon completion of this training, you will:

- Understand safe approaches for moving and positioning individuals that promote their independence, dignity and functional mobility.
- Be aware of the normal movement patterns of people and the role of anatomy and physiology when moving and handling.
- Understand how to use person-centred risk assessments to determine safer patient handling techniques that minimise risk, using the multidisciplinary team where appropriate.
- Be aware of the potential risks associated with poor practice, including injury to the patient or carer.
- Know about the different types of moving equipment which may be required and how to use them safely.
- Understand your role and the role of others, as well as when to seek advice or assistance when moving or positioning individuals.
- Be aware of relevant legislation, guidelines, policies and procedures relating to assisting and moving.