



# Moving and Handling People

## One Day or Half Day Refresher

### **Who should attend this one day course**

Managers and front line staff working in any support setting who need initial training (One Day) or a refresher (Half Day) in moving and handling people

### **Introducing the Trainer**

Faiers Training works exclusively with people who have an excellent reputation and proven track record in their field. The course tutor Sarah has delivered moving and handling courses for many years in health care and support situations

### **Course Content**

- Current legislation explained
- Employer's responsibility
- Employee's responsibilities
- Anatomy and physiology of the spine
- Principles of effective movement (practical exercises)
- Effective communication
- Risk assessments

### **Learning Outcomes**

- Understand the basic legislation of the manual handling operations regulations 1992, and the employer and employee duties of these
- Understand the hazards associated with manual handling, common back injuries and appropriate back care
- Learn and demonstrate safer people handling techniques

**Faiers**  
**training**

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