

# People Handling

## Description

**It is a requirement of the Manual Handling Operations Regulations (1992) that employers should provide practical advice on manual handling and risk assessment for employees involved in moving and handling tasks.**

This course is designed for care and/or support staff that are responsible for moving and handling service users. The full day would apply to care and/or support staff who have received no previous training in this subject, whilst the refresher would be applicable to those who have previously undertaken the Full-Day course.

## Duration (full day)

A 6-hour course consisting of theoretical and practical work.

## Duration (refresher)

A 4-hour course consisting of theoretical and practical work.

## Syllabus

A wide range of subjects is covered including:

Current legislation	Anatomy of the spine
Biomechanics and efficient movement	Ergonomics
Risk assessment	'Controversial techniques'
Practical techniques	Use of Patient Hoists

## Certification

This course is approved by Royal College of Nursing Accreditation Unit. Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a Certificate of Attendance, which is valid for 2 years.

## Numbers

A maximum of 10 students can be accommodated on this course and must be aged a minimum of 18 years or above.

## Location

If the premises are suitable, it may be possible to deliver this course on the client's site, or within Caledonia's Training and Development Centre if preferred.