

Moving & Handling of People

Manual Handling (Operations) Regulations 1992



Introduction

A bespoke course designed for staff involved in the care of Adults and delivered by RoSPA trained tutors. Fraser and Associates have introduced this course to demonstrate and teach the correct handling techniques that will enable care workers to tackle everyday work situations safely. The course meets the criteria laid down by the Manual Handling Operations Regulations 1992 and conforms to latest RCN guidance.

Courses are run on the client's premises, using the client's equipment to ensure that each student is trained in the correct use of the aids they may be called upon to use in the everyday work situation. Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer methods and tasks, in cooperation with their managers and supervisors.

Topic areas covered:

- An overview of current legislation;
- Statistics on Manual Handling injury;
- Causes of back injury;
- Practical demonstrations and practice of safer Manual Handling Techniques

Intended for:

This training course is recommended for all members of staff who are involved with moving and handling of clients as part of their normal daily activities.

Outcomes:

By the end of the session, students will be able to:

- Describe the principles of safe lifting;
- Demonstrate kinetic handling / moving;
- List basic legislation and the duties it imposes;
- Understand the basics of anatomy and physiology of movement;
- Demonstrate the correct use of a full range of aids to lifting and moving;
- State the principles of Risk Assessment and how it applies to them.

For a full outline of the Course [contact us](#).

Prior Knowledge: No prior knowledge or training is required.
Course Duration: 3 - 6 hours (depending on requirements)
Numbers: Minimum 4, Maximum 12

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