



# Principles of Manual Handling in Care Homes

## Course Content

This course is aimed at those who carry out manual handling activities at work and provides an introduction to the potential hazards and risks involved, available control measures that can be applied to reduce the risk and what they can expect from a manual handling assessment.

Successful completion will prepare candidates to look carefully at their work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

On completion of the qualification, candidates should be able to:

- ❖ Outline and demonstrate an understanding of their responsibilities under the Manual Handling Operations Regulations 1992
- ❖ Explain what is meant by the term 'manual handling' and give examples
- ❖ Explain how manual handling can cause injury and give examples
- ❖ Explain the structure of the musculoskeletal system and understand the impact manual handling can have on it
- ❖ Outline the process of a manual handling assessment and be aware of the control options available to reduce risk
- ❖ State the principles for controlling manual handling risks and apply these in a practical context including the use of mechanical aids
- ❖ Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments
- ❖ Perform safe lifting techniques, use mechanical aids and avoid bad practices
- ❖ Understanding client needs / Use of 'Client Handling Assessment Form'

## Course Duration

3 hours

## Who Should Attend?

Any employee within the care industry

## Location

The course can be delivered to a maximum of twelve delegates at any one time either on the employer's premises or using QTS' training facility in Colwyn Bay

## Entry Requirements

None

## Accreditation & Assessment

All delegates are issued with an attendance certificate after the course



## Booking Information

Contact Adrian Townsend on 0845 389 0017