



# Principles of Manual Handling in Care Homes (3 Hour Course)

## Syllabus

As Carers, you must train and educate yourself to spot risks almost instinctively; you must learn to apply this same principle to manual handling, where the huge risks involved are not always immediately evident.

This 'Principles of Manual Handling in Care Homes' course is aimed at those who carry out manual handling activities at work; it introduces candidates to the hazards of manual handling, the risks involved, control measures available, and what to 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.

A back injury is not an inevitable consequence of being a good carer, but you must be willing to change your way of thinking and break poor handling 'habits', to benefit fully from this course.

## **Topic Areas Covered**

- Responsibilities imposed by the Manual Handling Operations Regulations 1992.
- The process of manual handling in the workplace.
- The musculoskeletal system.
- Manual handling injuries and the activities that cause them.
- Manual handling assessment and control options.
- Lifting techniques / bad practices / mechanical aids
- Understanding client needs / Use of 'Client Handling Assessment Form'

## **Objectives**

By the end of the programme the student will be able to:

- i. Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations 1992.
- ii. Explain what is meant by the term 'manual handling' and give examples.
- iii. Explain the structure of the musculo-skeletal system.
- iv. Explain how manual handling can cause injury and give examples.
- v. State the principles for controlling manual handling risks and apply these in a practical context including the use of mechanical aids.
- vi. Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments.
- vii. Explain the needs of the client and demonstrate how to complete a 'Client Handling Assessment Form'.

The course is 3 hours in duration and is both theory and practically based. The course can be delivered up to a maximum of ten delegates per session.