



## Moving and Handling

### Who needs this Certificate?

All workers whose role may include moving and assisting people or moving and handling objects.

### Topics Covered

Legislation, back care, common injuries and symptoms, reducing risks, TILE assessment, wheelchairs, difficulty getting out of chairs, handling aids, falls, correct lifting, crossing roads, moving and handling policies, lifting and handling equipment, commonly required moves.

### Learning outcomes

- Identify key legislation that relate to moving and handling.
- Understand basic anatomy and physiology in relation to moving and assisting individuals.
- Outline the hazards and risks associated with assisting and moving activities.
- Demonstrate how to move and assist people and objects safely whilst maintaining the individual's dignity in a range of situations.
- Identify tasks related to moving and handling that are not allowed to be carried out until competent to do so.

### Certification

On successful completion of this course, you will receive a certificate in **Moving and Handling**.

#### Cost

£35 per person

#### Length

3 hours

#### Time

09:30 to 12:30 or  
13.30 to 16:30

#### Note

As there will be practical demonstrations and exercises participants should wear comfortable clothing and footwear.

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