

1 Day Moving & Handling of People Instructor CPD



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Learning Outcomes

- Attendees will refresh & develop their range of practical techniques & transfers
- Attendees will be able to critique techniques & transfers they have been taught with other training providers
- Attendees will have improved postural awareness & body use during their technique/ transfer demonstrations
- Attendees will have improved observational skills of colleagues' posture & body use
- Attendees will refresh & develop their understanding on what techniques & transfers are suitable relating to people's cognitive & physical abilities
- Attendees will develop their understanding of basic anatomy, biomechanics & injury of the spine
- Attendees will be able to deliver more effective induction & refresher training courses



Osteopathic Solutions



Course Outline

9.00 – 9.05

- Trainer & Attendee Introduction

9.05 – 12.45

Practical Demonstrations & Group Practical

- Pushing & Pulling Wheelchairs
- Sitting to Standing from chair & bed #
- Assisted Walking (1 & 2 Handlers)
- Walking Aids (Zimmer Frames/ Walking Sticks/ Rollators)
- Standing to Sitting #
- Moving forward in the chair #
- Moving back in chair #
- Stand Aids
- Wheelchair/ Chair to Bed using Transfer Board #
- Managing the falling patient
- Use of Handling Belts
- Bed Height & Posture Ergonomics
- Use of Profiling Beds
- Sitting from supine #



- Sitting from supine (Mobility Aids)
- Sitting from sidelying #
- Sitting to lying down supine
- Sitting to lying down sidelying #
- Rolling person from supine to side lying
- Positioning of Flat Sheets & Roller Sheets (rolling)
- Positioning of Flat Sheets (Unravelling technique)
- Moving person up bed #
- Turning person on side using Flat Sheets with minimal handling
- Lateral supine bed transfer using Flat Sheets
- Sling types & choosing the right sling size
- Fitting a sling on person lying in bed (rolling both ways)

12.45 – 13.15 Lunch

13.15 – 16.30

Practical Demonstrations & Group Practical

- Fitting a sling on person lying in bed (Origami Technique)
- Fitting a sling between 2 flat sheets
- Fitting a sling using a Roller sheet
- Principles of Hoisting & Use of Hoists



- Pushing & Pulling Mobile Hoists
- Turning person on side using Flat Sheets & mobile hoist
- Standing Hoist
- Hoisting person from a bed to chair
- Fitting a sling sitting in chair
- Hoisting person from a chair to bed
- Sitting onto chair with verbal guidance
- Sitting from supine on the floor #
- Positioning of Flat Sheets on floor
- Moving person on floor from confined space using Flat Sheets
- Hoisting from floor to bed

Denotes Verbal Guidance & Minimal Assistance Technique

Please note: relevant laws in handling & social care are provided in the course booklet