



4 Hour Bed Transfers & Hoisting Practical Skills Course

This course is applicable to employees who are moving & handling service users who have Mobility levels C-E in the ArjoHuntleigh Resident Gallery

Learning Outcomes

- Attendees will be able to practise safer Pushing & Pulling of Mobile Hoists & understand unsafe practices to avoid & why
- Attendees will understand what are safe & unsafe spinal postures related to bed handling
- Attendees will obtain a knowledge of all profiling bed functions
- Attendees will be able to practise safer verbal guidance & minimal assistance handling techniques of people when getting off the bed & back to bed & understand controversial techniques to avoid & why
- Attendees will be able to practise minimal handling methods of safely moving people on beds using slide sheets & understand controversial techniques to avoid & why
- Attendees will obtain a knowledge on the principles of hoisting & specific functions of a standing & mobile hoist
- Attendees will have competency in fitting a sling
- Attendees will have competency in safe use of hoists

Course Outline

9.00 - 11.00

Practical Demonstrations & Group Practical

- 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 to fit Flat Sheets & Roller Sheets
- 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

11.00 - 13.00

- Principles of Hoisting & Use of Hoists
- Sling types & choosing the right sling size
- **Practical Demonstrations & Group Practical**
- Pushing & Pulling Mobile Hoists
- Standing Hoist
- Turning person on side using Flat Sheets & mobile hoist
- Fitting a sling on person lying in bed (rolling both ways)
- Fitting a sling on person lying in bed (Origami Technique)
- Fitting a sling between 2 flat sheets
- Fitting a sling using a Roller sheet
- Hoisting person from a bed to chair
- Fitting a sling sitting in chair
- Hoisting person from a chair to bed
- 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: course times can be arranged to your needs

Osteopathic Solutions Ltd is a member of the National Back Exchange



Our trainers are registered with the



General
Osteopathic
Council

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