



MANUAL HANDLING - TO INCLUDE HOIST AND NEW STARTER TRAINING **(4 hours)**

Course Schedule

Welcome and Introduction

What is Manual Handling?
Discussion
Group Workshop

Theory Injuries
Back Pain
Avoiding Muscular Skeletal Injuries
Posture
Legislation
Principles of Safer Handling
The Spine
Accident Prevention
Legislation
Practical
Base Movement

Practical
Chair Movements
Assisted Walking
Management of Falling Client
Assisting a Falling Client from the Floor
Moving Client in Beds
Hoisting

Questions

Quiz, Evaluation & Close