

# The Principles and Practice of Moving and Handling

“A comprehensive training course that delivers the key principles, legislation and best practices relating to moving and handling”



## The need for knowledge:

A safer lifting environment cannot be maximised without profound clinical, legal and product knowledge, as well as practical expertise of the healthcare professional involved with moving and handling patients. Thus, if you are searching for a credible and comprehensive training course that delivers the key principles and best practices relating to moving and handling, look no further. Joerns Healthcare has developed the course: **'The Principles and Practice of Moving and Handling'** to meet this important requirement.

## Course objectives:

By the end of the course each attendee should:

- Have an understanding of the legislation relating to moving and handling, health and safety, human rights and Duty of Care as well as the moving and handling guidelines from the relevant professional bodies (e.g. RCN, CSP).
- Be able to identify areas of potential risk when handling people and be in a position to take steps to remove or reduce the risk.
- Be able to demonstrate safer moving and handling techniques based on sound risk assessments and an understanding of underlying principles of 'good' practice.
- Be able to adapt moving and handling techniques to meet individual client needs.
- Be familiar with a range of moving and handling equipment to meet individual people's needs.
- Be able to make sound decisions about choosing the right moving and handling equipment to meet the needs of the work area.

## Who should attend?

This course has been designed to offer maximum benefit to those involved in: Manual Handling, Back Care, Risk Assessment, Nursing, Occupational Therapy, Physiotherapy plus anyone involved in care in the community.

## Reference material:

- Handling of People, 5th edition
- FIM scoring
- HIT (Hoist Identification Tool)
- CSP Manual Handling Guidelines
- RCN Manual Handling Training Guidance

## Programme development:

The course 'The Principles and Practice of Moving and Handling' has been developed by a group of highly credible expert consultants, and is an initiative by Joerns Healthcare, the manufacturer of Oxford hoists.

## Certification:

'The Principles and Practice of Moving and Handling' has been officially certified by CPD. Each course participant will be awarded a certificate of attendance upon successful completion.

## Additional information:

- Seminars are organised in convenient locations across the country.
- Each seminar covers essential background theory in addition to practical based training in small work groups.
- Each seminar is tutored by an independent clinical health care consultant.

# The Principles and Practice of Moving and Handling

## Course Agenda

Day 1	Day 2	Day 3
<b>9.15am</b> Coffee and signing in	<b>9.30am</b> Coffee and signing in Introductions to the day Questions from day one	<b>9.30am</b> Coffee and signing in Introductions to the day Questions from day two
<b>9.30am</b> Introductions	<b>9.45am</b> Principles of safer hoisting - Puwer & Loler - Types of hoists and slings	<b>9.45am</b> Introduction taster to specialist slings, options and specials
<b>9.50am</b> Introduction to the relevant legislation Professional guidelines CSP, RCN Legal Responsibilities Employer/employee	<b>10.15am</b> Getting to know the hoist Visual checks before each hoisting task	<b>11.00am</b> Coffee
<b>11.00am</b> Coffee	<b>11.00am</b> Coffee	<b>11.15am</b> Practical session (continued) Movement in bed (self help, minimal assistance, slides and hoisting) - Sitting forward in bed - Turning in bed
<b>11.15am</b> The risk assessment process Generic risk assessments Individual patient risk assessing	<b>11.15am</b> Advantages of electric/hydraulic hoists	<b>12.30pm</b> Lunch
<b>12.30pm</b> Lunch	<b>11.35am</b> Introduction to Oxford hoist identification tool	<b>1.15pm</b> Problem solving workshop
<b>1.15pm</b> Functional anatomy of the spine	<b>12.10pm</b> Controversial handling techniques	<b>2.30pm</b> Tea
<b>1.45pm</b> Principles of safer moving and handling	<b>12.30pm</b> Lunch	<b>2.45pm</b> Presentation from problem solving
<b>2.30pm</b> Tea	<b>1.15pm</b> Practical session Assisting a client to stand - Minimal assistance - Assistance of two - Standing transfers - Assisted standing transfers - Movement in bed (self help techniques and assistance)	<b>3.00pm</b> Feedback Questions Completion of training records Evaluation
<b>2.45pm</b> Patient handling - Normal movement patterns	<b>3.00pm</b> Tea	<b>4.00pm</b> Practical session Presentation of certificates End of course
<b>3.15pm</b> Assisting a person to stand - Basic facilitation techniques	<b>4.15pm</b> Questions Completion of training records End of day two	
<b>4.15pm</b> Questions Completion of training records End of day one		

# Consultant Team

The course 'The Principles and Practice of Moving and Handling' is an initiative by Joerns Healthcare, the manufacturer of Oxford hoists. The course has been developed by a group of highly credible expert consultants including:



**Jacqui Smith**  
MSc, MCSP Cert OH

Consultant occupational health  
physiotherapist and ergonomist

Chairman of the ACPOHE

Editor of Handling of People 2005,  
and of The Column - Journal of  
National Back Exchange

Law society registered expert witness



**Julia Love**  
Nurse

Moving and Handling Trainer and  
Consultant

Chair of Yorkshire Back Exchange



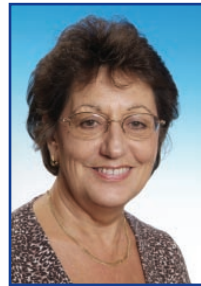
**Pam Rose**  
MCSP

Moving and Handling Trainer and  
Consultant

Member of the Expert Witness  
Institute

Trainer for OCPPP

Member of the ACPOHE



**Marilyn Berry**  
MBA, MCSP, Grad. Dip. Phys.

State Registered Physiotherapist

Moving and Handling Trainer and  
Consultant



For further information on the 'The Principles and Practice of Moving and Handling' course including details on how to reserve your place, visit [www.joerns.co.uk](http://www.joerns.co.uk), call **0844 811 1156** or alternatively, email [training@joerns.co.uk](mailto:training@joerns.co.uk).



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