

## Course Details

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### FA18 Patient Handling

This short course – 2 hours - is designed to be an 'add-on' to the Manual Handling Course MH1 (see 'other course's) It is designed to educate everyone in protection from musculoskeletal disorders by using correct procedures for lifting, carrying and generally moving patients, elderly or infirmed people. The course can be tailored to meet the needs of home, care centres or anyone where people have to be physically moved.. Through consultation with the client organisation specific examples and measures can be incorporated into the programme.

#### Content

The course is a balance of theory and practical, it is interactive and will have many practical hands-on opportunities.

The programme includes:

- The spine & musculoskeletal disorders
- Injury prevention
- Correct lifting, carrying, pulling, pushing techniques
- Risk assessments
- Maintaining a healthy spine

The course follows a syllabus laid down by the Dimension People -Safe family of Health & Safety training systems and follows guidelines issued by HSE and a number of other Patient Care Organisations. The programme uses a number of different learning methods:

- Video/DVD segments to convey essential information
- Hands on practice in small groups
- Positive coaching from approved and professionally qualified Instructors.
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

**NB Students will be required to have attended Dimension - People Safe Manual Handling course MH1 or another appropriate course**

**FA18 and MH1 can be run as one course**

#### Certification

Students will receive a certificate of attendance

#### Course Duration

2 Hours