



# NewGrange

TRAINING & SERVICES LTD

*Better People, Better Business®*

## Safe People Handling & Lifting

**This three hour course deals specifically with the handling of people and is relevant to healthcare workers/providers. It follows a minimal handling/lifting policy and includes guidance on handling aids and risk assessment.**



<b>Course Location:</b>	On-Site at your premises
<b>Course Duration:</b>	3 Hrs (course dates and times to suit you)
<b>No of Delegates:</b>	10 Max

### Who should attend?

This course is designed for all carers who need to lift/handle people.

### Course Objectives

How to move people safely, so that moving and handling risks are reduced to the lowest level.

### Course Programme

- Principles of handling people in a care environment
- Causes of back pain
- Do's and don'ts
- Ergonomics
- Risk Assessment
- Assisting mobility
- Assisting people in chairs
- Assisting people in bed
- The use of handling aids

### Delegates Receive:

People Handling/Lifting Certificate of Training

Course Notes

Course Materials

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