



Moving and Assisting People – Bariatric Care

This course provides learners with the essential knowledge and skills to move and assist people safely while protecting both staff and individuals from harm. You will begin by understanding the basic anatomy and physiology of the spine, recognising why safe practice is vital. The course then introduces the key legislation and guidance that governs moving and handling, helping you understand your responsibilities. Learners will explore how to assess situations and minimise risks before moving or positioning someone, ensuring safety and dignity are maintained.

You will also study the theory of safe moving and positioning, applying this to a range of practical techniques. A specialist focus on bariatric care is included, giving you the confidence to use the correct methods and equipment when supporting people with different care needs. This training is essential for anyone involved in moving and assisting individuals in health and social care settings.

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Learning Outcomes

- Understand basic anatomy and physiology of the spine
- Identify the main legislation relating to moving and assisting
- Explain how to minimise risk before moving and positioning individuals
- Understand the theory of moving and positioning people safely
- Understand and use correct moving techniques for moving and handling of people requiring Bariatric care

Course Content

Module 1: Anatomy and Physiology of the Spine

Learn how the spine works, why it is vulnerable to injury, and how safe practice protects both staff and individuals.

Module 2: Legislation and Responsibilities

Understand the main laws and regulations around moving and assisting, and what they mean in day-to-day practice.

Module 3: Risk Awareness and Prevention

Discover how to assess situations, recognise risks, and put simple steps in place before moving or positioning individuals.

Course Content

Module 4: Theory of Safe Moving and Positioning

Explore the principles of safe handling, including dignity, comfort, and effective use of equipment.

Module 5: Practical Moving and Assisting Techniques

Practise correct methods for moving and positioning people, focusing on safe techniques for both carers and individuals.

Module 6: Bariatric Care

Gain confidence in supporting people who require bariatric care by learning safe handling techniques and using the right equipment.