

Moving and Assisting – Practical Refresher

Our Moving and Assisting: Practical Refresher course not only covers anatomy and physiology, but you will also gain an understanding of key legislation relative to the moving and assisting of the people you care for and the risk assessments associated with such tasks.

Led by one of our experienced trainers, you will start by exploring the theoretical foundations for safe movement practices and will then go on to practice the correct techniques for handling people safely. This course will equip you with the skills and understanding needed to ensure the safe movement of the people you care for whilst adhering to professional standards and legal frameworks.

Please note: for practical Moving and Assisting training, we would require that you have access to various pieces of equipment. A wheelchair and slide sheet are essential. A hoist is strongly advised but not necessary. Bed rails, a stand aid and a profile bed are also preferred.

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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

Course Content

Module 1: Anatomy and Physiology of the Spine:

- Introduction to spinal structure and function
- Key components of spinal anatomy
- Understanding the role of the spine in movement and support

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Module 2: Legislation and Regulations:

- Overview of main legislation relating to moving and assisting individuals
- Analysis of legal obligations and responsibilities
- Discussion on rights and protections for both individuals and caregivers

Module 3: Risk Management Strategies:

- Identifying potential risks associated with moving and positioning
- Strategies for risk assessment and mitigation
- Implementing safety protocols to minimise risk

Module 4: Theory of Safe Moving and Positioning:

- Principles and concepts underlying safe movement practices
- Understanding biomechanics and ergonomics in movement
- Exploring best practices for maintaining individual comfort and safety

Module 5: Correct Moving Techniques:

- Practical demonstration and application of correct moving techniques
- Hands-on training in safe handling methods
- Practice sessions to reinforce proper techniques and skills