

# Manual Handling Theory

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## Overview

This theory based course covers the essential information and knowledge needed to ensure staff, have required understanding of the process of moving and handling safely and good practice. Principles covering areas such as risk assessment and minimal handling principles are included.

## Course content:

The following topics are covered in this course.

- Introduction to legislation including Health & safety, Manual Handling Operation Regulations
- Provision use of Work Equipment Regulations and Lifting Operations, Equipment Regulations
- Manual Handling Risk Assessment
- Basic facts and Statistics
- Spine anatomy and functions
- Impacts of handling injuries
- Principles of safe handling

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## Entry Requirements:

The course is designed for anyone dealing directly with moving and managing patients or have just started in that role. Delegates can be expected to engage in a number of group activities.

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## Assessment:

We can deliver this course on your premises, reducing costs in respect of additional time out and travelling. Our trainer will carry out on going assessments.

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## Qualification

On completion of the course. All delegates will receive Certificate of Attendance

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## Duration of course

Depending on module

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## Attendance Options

Days/Evenings/Weekends