

Safer People Handling Trainers Requalification

► Course objectives

This course aims to ensure that delegates have maintained the practical skills and knowledge required for training and educating others in the theory and practice of safer moving and handling for people in health and social care settings, and to update delegates on recent changes and developments.

On completion delegates should be able to:

- Explain the role of relevant legislation and guidelines relating to safer moving and handling and their role as a trainer
- Describe how the musculoskeletal system can be used effectively to reduce the risk of injury and contribute to efficient and effective moving and handling
- Explain and demonstrate safe handling principles and techniques
- Explain and demonstrate how they will safely and effectively solve moving and handling problems in the workplace

► Who should attend?

Those with responsibility for training and educating others in the theory and practice of safer moving and handling of people.

► Further information

Delegates should have experience in moving and handling people, and have successfully completed the RoSPA Safer People Handling Trainers course or equivalent. Delegates should also regularly deliver training and education packages.

Delegates are required to compile a portfolio of evidence of training/education given to date.

To find out more about this course or request a full course programme:

Call: 0121 248 2233

Email: training@rospa.com

Course Content

- The extent of back pain and musculoskeletal injury
- The structure and function of the spine
- The principles of biomechanics and body dynamics in relation to posture and people handling
- Safer moving and handling techniques and problem solving
- People handling assessments and documentation
- Selection and use of moving and handling equipment
- Legal requirements and guidelines relevant to the role of the trainer

Duration

2 days

Qualification

Those who complete the course and pass the practical exam will be awarded a **RoSPA Safer People Handling Trainers Certificate** which is valid for three years.