

# Safer People Handling Trainers

## ► Course objectives

The aim of this course is to provide delegates with 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.

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 safer handling principles and techniques
- Explain and demonstrate how to solve moving and handling problems in the workplace

## ► Who should attend?

This course is suitable for people with responsibility for training and educating others in the theory and practice of safer moving and handling of people.

Delegates should have experience in moving or handling people, and previous training experience or the ability to take on a training role.

## ► Further information

This course is designed to contribute to clinical and corporate governance standards and excellence in people-centred care.

The course includes a practical session. Delegates who are pregnant/new mothers or have any physical condition are at a higher risk and should not take part.

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

**Call:** 0121 248 2233

**Email:** [training@rospa.com](mailto:training@rospa.com)

## Course Content

- Introduction to safer people handling
- Legal requirements
- Musculoskeletal awareness
- The importance of posture
- Efficient moving principles
- Unsafe handling techniques
- Patient assessment
- Selection and use of moving and handling equipment
- Emergency situations
- The importance of documentation
- Trainer skills

## Duration

5 days

## Qualification

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

Delegates will be required to attend and successfully complete a re-qualification course prior to its expiry.

Successful delegates will receive a **Trainers Pack**.