

COURSE TITLE:

# MOVING & HANDLING IN CARE SETTINGS

| MODULE | MODULE NAME  | OBJECTIVE  |
|--------|--|--|
| 1      | Introduction to Moving and Handling in Care Settings | To understand what moving and handling means in care, why it is important for safety and comfort, and how correct practices protect both care workers and service users. |
| 2      | Legislation Relevant to Moving and Handling          | To learn about the key laws that govern safe moving and handling, their purpose, and how they create safer environments for care workers and service users.              |
| 3      | Risks Associated with Unsafe Moving and Handling     | To identify the risks caused by unsafe practices, including injuries to care workers and harm to service users, and to understand how these risks can be prevented.      |
| 4      | Principles of Safe Moving and Handling               | To apply the core principles such as preparation, correct posture, communication, and teamwork so that moving and handling tasks are carried out safely.                 |
| 5      | Correct Handling Techniques for Different Transfers  | To learn the safe and proper techniques for a range of transfers, such as sitting, standing, repositioning, and moving patients, with a focus on reducing risks.         |
| 6      | Equipment Used in Moving and Handling                | To explore different moving and handling aids, understand how to use them correctly, and know when to apply each type of equipment for safer care practices.             |
| 7      | Case Study (Safe Moving and Handling in Practice)    | To apply theory into practice through a case study, showing safe handling, problem-solving, and professional care in a real-life scenario.                               |