



## MOVING AND HANDLING

Definition of moving and handling. Legislation in relation to moving and handling. Responsibilities of employer and employee. Illegal manoeuvres. The anatomy of the spine. The muscles in relation to moving and handling. Lifting technique (carrying loads). Cause of back pain and the implications. Warning signs. Do's and don'ts in moving and handling. Understanding and using TILEO correctly.

Three 4-hour workshops usually delivered between 10:00 - 14:00 or can be arranged to suit

## DYSPHAGIA

Describe the signs, symptoms and causes of Dysphagia. Behaviours associated with Dysphagia. Explain how to support a resident with Dysphagia to eat and drink as safely and comfortably as possible. Identify those that are at a higher risk of having Dysphagia, when to get a referral and what the process is. Explain how to find help when managing an individual with Dysphagia and what tests can be completed.

Three 4-hour workshops usually delivered between 10:00 - 14:00 or can be arranged to suit

## OPTIMAL HANDED-CARE

This training will enhance practical skills and increase competence and confidence in safe moving and handling practice.

Two sessions once a week from 08:00 - 12:00 and 12:30 - 16:00



SCAN ME

Contact our team today to find out what other courses are available and how we can support you on your health and social journey.

Email [HSSAP@petroc.ac.uk](mailto:HSSAP@petroc.ac.uk) or call 01271 852428