



Moving & Handling Update – 3hrs

Rapido Training

Location: This training is available at a fully equipped venue in Gloucestershire.

Training may also be delivered within your workplace if the numbers and location are appropriate.

The course is run throughout the year.

To apply or for further details please contact us at:

Rapido Training

16 The Glenmore Centre

Marconi Drive

Waterwells Business Centre

Quedgeley

Gloucester GL2 2AP

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Email: **info@rapidotraining.co.uk**

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Course aim: This is an interactive course designed to provide individuals with information on the Principles of Manual Handling with a practical update on moving and handling skills and techniques. This course focuses on raising awareness of the principles of manual handling when moving adults, children and objects.

Meant for: Those who have already undertaken their 6 hour Moving & Handling induction. It is mandatory for all staff working in the Health and Social Care Sector to update their training on a regular basis.

Course content:

Knowledge quiz

Recap on current legislation, unsafe postures

Group work on T.I.L.E. assessment and scenarios

Ergonomic approach to safe manual handling

Basic back care

Practical session on use of equipment

Problem solving

Discussion and practical session on client handling equipment

Problem Solving and client scenarios

Delivery: This course blends practical activities with theory based tasks delivered within an informative yet enjoyable atmosphere. Certification is dependent on successful assessment of the learner. There is no formal final examination. Those learners who complete the course and are considered to have reached the required standard are issued with a certificate that is valid for a period of one year.

Cost: Full cost: £20. Some funding may be available from the Gloucester Care Sector Workforce Development Group.