



StarTraining

Developing professional excellence

Moving and handling of people

Join us for a hands-on **Moving and Handling of People** training session, designed to equip delegates with essential skills for safe practice in care settings. This practical course emphasises the importance of safe moving techniques.

Overview of Course

Course Highlights

Theory: Participants will learn key concepts for the first time, including Risk Assessment Principles (AARR, TILEE), Duty of Care/Candour, and back care and posture principles.

- Risk Reduction: Learn strategies for identifying and mitigating risks while removing hazards in the environment.
- Safe Equipment Use: Understand the safe and correct use of equipment essential for moving and handling.
- Practical Applications:
 - Hoisting practical exercises.
 - Bed management techniques.
 - Assisted stands practice.
 - Handling a fallen client scenario.
- Competence Assessment: Observation and assessment of competence throughout the practical activities.

Training Outcomes

By the end of this session, delegates will:

- Be familiar with risk assessment principles and their application in moving and handling.
- Demonstrate safe techniques for hoisting, bed management, assisted stands, and handling fallen clients.
- Understand how to reduce risks and create a safer environment for both clients and caregivers.
- Be prepared to use appropriate equipment safely and effectively.

Course Details

- Cost per Delegate:
 - £95 per person

- Bespoke sessions available at Ullenwood or your workplace (maximum of 9 delegates) Contact startraining@nationalstar.org
- Duration: 9:30 AM to 4:30PM (7 hours).
- Dress Code: Delegates will be hoisting and will be hoisted during this session. Please wear appropriate clothing that protects dignity and safety, such as flat, closed-toe footwear and trousers or longer garments.