



*Training and Professional Development*

## **Moving & Handling - Assisting People Falls Prevention & Post Falls Management**

**This half day course aims to develop staffs' competence and improve knowledge and confidence in manual handling and up to date information for falls prevention and post falls management.**

### **Course Contents:** \_\_\_\_\_

- Health and Safety legislation, statistics, policies and procedures
- Falls Prevention, causes and potential consequences of falling
- Multifactorial Falls Risk Assessment
- Falls Prevention up to date guidance and best practice for post falls management (following organisational and local policy)
- '1 STUMBLE' algorithm for falls and falls strategy for manager
- The care environment and ergonomics
- Back Care Awareness
- Risk assessment and patient assessment: to include T.I.L.E
- Principles of body movement and posture
- Safe moving and handling techniques (including posture, positioning and use of equipment)

### **Course Notes:** \_\_\_\_\_

- This course may include with prior negotiation demonstration and practice of safe use of handling aids & equipment as appropriate (hoists, glide sheets, handling belts, stand aid etc)
- For further information on our Moving and Handling Train the Trainer 3-day course - to further develop experienced staff – please contact us.

| COURSE INFORMATION        |                                                          |
|---------------------------|----------------------------------------------------------|
| <b>Duration:</b>          | Half day                                                 |
| <b>Who should attend:</b> | Nurses, All Care/Support Workers, Managers/Seniors/CHAPS |
| <b>Certification:</b>     | Certificate of Attendance                                |
| <b>Travel Charge:</b>     | Dependent on Location                                    |

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