

Manual Handling



TRAINING OUTLINE

This course aims to teach safe manual handling techniques and its importance to healthcare workers. It provides information on how to plan and perform manual handling task to maintain injury-free workplace. This is a non-accredited training.

TOPICS

- ✓ Fundamentals of Manual Handling
- ✓ Legislation
- ✓ Factors affecting Manual Handling
- ✓ Load Handling and Safe Work Posture
- ✓ Sit to Stand (Chair) Walk Belt
- ✓ Lying to Sitting-Minimal Physical Assistance
- ✓ Slide Sheet – Repositioning a client
- ✓ Slide Sheet – Moving a client in the Bed
- ✓ Lowering a client on to the floor
- ✓ Assisting a fallen Client to get up from the Floor after the fall
- ✓ Lifting a client from Floor with Hoist
- ✓ Using a Sling Hoist to move a client from Chair to Bed
- ✓ Using a Stand-up Hoist
- ✓ Use of Hoist
- ✓ Catheter care
- ✓ Assist a client to get in/out of Vehicle
- ✓ Activities of Daily Living
- ✓ Bed Making
- ✓ Transporting clients
- ✓ Pressure Area care
- ✓ Infection control
- ✓ Reporting and Documentation

TARGET AUDIENCE

Disability workers, Aged care workers, childcare workers, teachers, first aid officers, anyone who may be required to perform manual handling tasks or anyone who is interested to learn more about manual handling.

