

## Moving and Handling Skills Development

### Learning outcomes:

After completion of this course, you will:

- be able to identify hazards and undertake a LITE risk assessment prior to all moving and handling tasks
- have the knowledge necessary to reduce the risks of musculoskeletal injury caused by moving and handling in the workplace
- identify and use moving and handling equipment, understand safety features
- understand the importance of sling safety checks prior to use
- demonstrate evidence based patient handling techniques

On your return to the work area you will need to practice moving and handling techniques appropriate to your work area and patient needs.

*Note: If you are booked to attend Centralised Learning Requirements (CLR) you do not need to book this course.*

### Content: (can be customised to reflect work area of participants)

- Risk Assessment
- Equipment and techniques to support patients of larger size
- Hoisting and sling safety checks and usage OR supporting partial assist patients (as relevant to work area)
- Managing falls retrieval
- New equipment as required

Available to:	Price (+ GST)	Booking Method
Hutt Valley Staff	Nil	MyPay
Wairarapa/Capital & Coast Staff	Nil	Email: <a href="mailto:Eleanor.barrett@ccdhb.org.nz">Eleanor.barrett@ccdhb.org.nz</a>
External Health Professionals (Primary Health, PHO, Aged Care)	N/A	N/A
Private sector	N/A	N/A
Target Audience	All existing staff who are required to move patients as part of their work. Training to be attended on 2 yearly basis	
Dress requirements	Comfortable clothes for example Track pants and tee-shirt or uniforms. Well-fitting supportive footwear. Short finger nails You will be expected to move and be moved by others attending the course	
Course Facilitator	Eleanor Barrett	
Food Provided	Tea and Coffee	
Venue	Room 10, Clinical Training Unit, Level 2, East Wing, Clock Tower Building	

# 2024 Training Opportunities

<b>Course Details:</b>		
Day	Date	Start - Finish
Thursday	22 February	9.30 – 12.00
Wednesday	13 March	8.30 – 11.00
Monday	18 March	13.45 – 16.15
Wednesday	3 April	9.30 – 12.00
Thursday	4 April	13.45 – 16.15
Tuesday	14 May	8.30 – 11.00
Wednesday	19 June	8.30 – 11.00
Wednesday	3 July	9.30 – 12.00
Wednesday	14 August	9.30 – 12.00
Tuesday	10 September	8.30 – 11.00
Friday	13 September	13.45 – 16.15
Wednesday	16 October	8.30 – 11.00
Tuesday	12 November	8.30 – 11.00
Tuesday	10 December	8.30 – 11.00

Team specific sessions are available and can be booked by team leaders.

Please request via email to [Eleanor.barrett@ccdhb.org.nz](mailto:Eleanor.barrett@ccdhb.org.nz)

Attendance will be recorded on MyPay after the session.