



**Moving People Course – 5<sup>th</sup> & 6<sup>th</sup> April**

<b>TIME</b>	<b>SESSION</b>	<b>INSTRUCTOR</b>
09 00 – 10 15	Welcome & Introduction Course Objectives Health & Safety legislation Back Care	
10 15 – 10 30	Tea Break	
10 30 – 12 00	Risk Assessment Warm up exercises Task 1	
12 00 – 13 00	Lunch	
13 00 – 15 00	Practical session:-	
	Assist pt forward in a chair	
	Assist patient to stand using a maxi belt	
	Assist pt to walk – 1 person / 2 person	
	Assist pt backward in a chair	
Tea break at 3pm		
	Assist pt from chair to chair using the Transfer board	
	Assist pt from chair to chair using the Transfer board & Handling belt.	
	Assist pt from floor to chair unaided	
	Assist pt from floor using equipment	
	Carry a patient downstairs using a carry chair	
	Carry a patient downstairs using a carry sheet	
	Set Homework - Close session	



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<b>TIME</b>	<b>SESSION</b>	<b>INSTRUCTOR</b>
09 00 – 09 15	Review Home work	
09 15 – 10 10	Demonstrate Manger Elk	
	Demonstrate Trixie hoist	
10 15 – 10 30	Tea Break	
10 30 – 12 00	Assisting the fallen patient	
	Assisting the patient with challenging behaviour	
12 00 – 13 00	Lunch	
13 00 – 17 00	Assisting a patient out of bed	
	Assisting a patient to sit up in bed one & two person	
	Supporting a patient sitting up in bed	
	Lateral transfer using slide sheets	
Tea Break	Middle to edge of bed	
	Bed to trolley	
	Trolley to bed	
	Use of slide sheets in cardiac arrest	
	Ensure all handouts have been given out	
	Sign of workbooks Close course.	