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Patient Moving & Handling

Nursing staff, Healthcare workers and carers are involved in moving and handling patients on a daily basis and can be easily injured if the correct equipment/method is not used to aid the moving and handling of patients. This one-day programme is designed to train participants how to handle and move patients with the use of certain equipment and also recommend the best methods /techniques in a manner, which is safe for themselves and their patients.

Who should attend?

Anyone who is handling or moving patients during their working day

Course Objectives

On completion of this programme participants will be able to:

- State the relevant safety legislation
- Identify risks of working with patients
- Identify and assess when and which mechanical aids should be used when moving or handling patients
- Move, Handle and Transfer patients safely
- Describe the limitations of the spine and methods of lifting/movement which can protect the back
- Recognise loads which are too heavy or awkward for

Theory Session

- The law and its application to the manual handling environment
- Muscular-skeletal system
- Biomechanics and mechanism of injury
- Flexibility
- Ergonomics and risk assessment
- Basic principles of lifting

Practical Session

- Inanimate Lifting – Basic Lifts
- Falling or Fallen Patient
- Turning Patient in bed
- Moving Patient up in bed
- Sitting Patient Forward
- Moving seated patient up in bed
- Moving Patient from bed
- Moving seated patient from bed to chair
- Assisting patient to walk



Examination: Written Test and Manual Handling Skills assessment by Instructor.

Course Validation:

The course is structured in accordance with the guidelines issued by the Health & Safety Authority and fulfils current Health & Safety Legislation requirements. The Instructors are registered Manual Handling Instructors with extensive experience of training within the HSE and private Nursing Homes.

NB: Flat shoes and loose clothing e.g. tracksuit should be worn for the practical aspects of this course