



Moving & Handling People

This online training course has been designed to explain the steps employees should follow when the need to move or handle a person. Providing step-by-step guidance and teaching employees how to prepare for a lift, this can help prevent workplace injuries.

The course is most suitable for those working in the Care sector who regularly have to lift and move people. Employees can complete this course in just 50 minutes.



COURSE CONTENTS

The course covers the following three elements:

- You and Your Back
- Preparing to Lift Someone
- Moving and Lifting Someone

SHAPING THE WAY BUSINESSES OPERATE



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