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Tell us what you need and we will find the best solution for you fast - getting back to you within one working day - (usually the same day) The Moving and Handling Training course is made to equip healthcare workers, care staff, and support workers with the right skills and knowledge to move and handle people safely. This helps to lower the risk of injury in care settings. The course explains important UK safety laws, like the Health and Safety at Work Act and the Manual Handling Operations Regulations 1992. You will also learn practical ways to lift and move people safely. You will be taught how to do a risk check using the E.L.I.T.E. method (which stands for Environment, Load, Individual, Task, Equipment) and learn how to protect your back and spine while working. The training includes hands-on practice with equipment such as hoists, slings, and chairs, so you can feel confident when moving people. It also shows you which moves to avoid, how to work safely, and how to use the R.I.D.D.O.R system (used for reporting accidents). There are real-life examples and a practical test to help you feel ready to support people with care and respect. This full day course (4-6 hours) is perfect for people working in care homes, hospitals, or community care. After completing the People Moving and Handling training, you will receive a CPD certificate. If the theory is not fully included, we run this as a half-day course, combined with hands-on Basic Life Support training to make a full day of training. By the end of the course, you will feel more confident and ready to help keep people safe and comfortable during moving and handling tasks. This course is Skills for Care and CPD approved. It is mandatory training for all care workers. Related: Moving and Handling Refresher Training. [Also Available: Moving and Handling Trainer Course (Trainer Pack), Moving & Handling Comprehensive Trainer Pack. Important Note: Your staff CANNOT learn these techniques via e-learning or distance learning training. Course Information: Course Duration: 4-6 hours (Practical: 2-3 Hours) Course Level: Level 2 Certificate: 1-year certificate Max Delegates: 12 Practical: Yes Mode: Face-to-Face Location: Onsite and Offsite Training Accredited: Yes Moving & Handling Course Outline: 1. Learning About Safety Laws Learn the rules for moving and handling people. Understand important laws like the Health and Safety at Work Act, PUWER, LOLER, and Manual Handling Operations Regulations (1992). Know your legal duties to keep the workplace safe. 2. Duties and Responsibilities Learn what employers and employees must do to keep moving and handling safe. Understand the need for proper training and a safe workplace. Work together for everyone's safety. 3. Basics of the Spine Learn about the spine and why it's important when moving people. Understand the risks of using wrong techniques and common injuries. Know the importance of good posture to avoid injury. 4. Risk Assessment with E.L.I.T.E Learn how to assess risks for safe moving and handling. Use E.L.I.T.E principles: Environment, Load, Individual, Task, Equipment. Look at examples and case studies to understand these principles. 5. Reducing Risk and Removing Hazards Learn ways to reduce risks and remove hazards in moving and handling. Know about ergonomic factors like work surface height and clear paths. Identify hazards and take steps to fix them. 6. Understanding R.I.D.D.O.R Learn the R.I.D.D.O.R system: Repositioning, Individual, Disability, Duration, Outcome, Review. Understand the needs of the person being moved. Consider their disabilities, task duration, desired outcomes, and need for regular reviews. 7. Safe Use of Equipment Learn about equipment like hoists, slings, and chairs. Gain practical skills for using equipment safely. Follow the manufacturer's guidelines and check equipment before use. 8. Avoiding Dangerous Moves Identify and avoid dangerous moves during moving and handling. Learn safer alternative techniques. Minimise injury risks for both the person being moved and the caregiver. 9. Practical Skills Test Show your skills in moving and handling people through a practical test. Apply what you've learned in a controlled setting. 10. Chair Moves Learn techniques for moving a person from sitting to standing and from one chair to another. Practice these moves using safe methods. 12. Using Slings Learn to use slings for moving people in bed or in a wheelchair. Ensure comfort and safety for the person being moved. Understand the importance of good communication. 13. Hoist Transfers Gain hands-on experience with hoists for bed-to-chair transfers. Safely operate the hoist and position the sling. Focus on maintaining dignity and safety during transfers. This People Moving and Handling course helps keep staff and service users safe by teaching how to move people properly at work. It reduces the chance of injury for everyone. Learning Outcomes After completing the people moving and handling course, you will be able to: Explain how to promote dignity, privacy, and independence when helping people with moving and handling. Identify things that increase the risk of injury, like poor technique, hazards, and personal factors, and how to reduce these risks. Use proper body movements and safety rules to prevent injuries for both individuals and caregivers. Communicate clearly with people, colleagues, and others to ensure a team approach to moving and handling. Follow legal rules, company policies, and best practices for manual handling, using equipment safely. Reflect on your practice and ask for feedback to keep improving your skills and confidence in moving and handling. In the UK, around 543,000 workers have health problems, like back pain, from lifting or moving things at work. Moving or lifting things is the cause of 17% of all workplace injuries. In 2021/22, 18% of injuries at work were caused by lifting or carrying. Overall, 21% of all workplace injuries are linked to manual handling. Course Benefits: This course will help you develop important skills to safely move and assist people. Learn safe ways to move and help people, which helps avoid injuries. Get hands-on practice to feel sure about what to do in real situations. Understand important rules and guidelines to make sure you're doing things the right way. Improve communication with your team and clients, making sure everyone is working together. Gain confidence in safely helping people in different situations. Get feedback to keep improving your skills. By completing this course, you'll feel more confident and prepared to handle people safely in any setting. Who Is The Moving and Handling Training For? Safer moving and handling training is very important for anyone who helps move or care for people. It keeps both the person being helped and the caregiver safe. This training is especially important for these groups: Caregivers and support workers Nurses and healthcare professionals Home care assistants People working in hospitals, care homes, or residential settings Personal assistants or carers Occupational therapists Social workers Anyone involved in the care and movement of people in healthcare settings By completing this training, people in these roles can reduce the risk of injury and improve the care they provide. Course Testimonials Our People Moving and Handling training is rated 'Excellent' by thousands of people who have attended the training at any of our locations across the UK. Some of the reviews we've received highlight the quality of our trainers and the exceptional measures we take to deliver top-notch services. "Finally, a full day moving and handling, really enjoyed sharing experiences with the other trainers. Sarah the trainer was fab, very knowledgeable. Thank you." - Emma Carter "Courtney did a great job with moving and handling training. Good information, interactive session and great practice!" - Bimpong Ophelia "As a care company we had the lovely Kevin teaching us safe moving and handling with the use of hoists. The session was informational and Kevin came across confident and competent in his role. On behalf of the company we wish to thank you Kevin from the Buxton support workers!" - Jade Brunt "Safer People Moving & Handling training course was excellent. The modules covered in this course was delivered very well by the trainer, who was warm and friendly, and delivered the training in an interactive and informative way. At the end of the training I was more knowledgeable and confident on the subject." - Jifunza Career Opportunities Taking a full-day Moving and Handling training course can help you find work in care, health, and support jobs. You will learn how to move and handle people or objects safely, which is an important skill in many roles. After this course, you could: Work as a care assistant in a care home or hospital Become a support worker helping people with daily tasks Work in home care, helping people in their own homes Help in hospitals or nursing homes with moving patients safely Support disabled people with safe lifting and movement Improve your CV if you want to apply for other care or health jobs This training shows employers that you can work safely, protect others, and follow important health and safety rules. Where do you offer practical moving and handling training? Our training locations are spread across the UK. However, we regularly have basic life support training with moving and handling training in Stoke on Trent. You can check available time, dates and price for courses in Stoke on Trent, ST4 3FF here. For other venues where we conduct practical trainings, please see the locations below: This also means, we provide trainings for organisations who are interested in having all or some of their staff trained at their facility. In addition, this allows us provide bespoke moving and transfer training using equipment within the facility. Frequently Asked Questions (FAQs) 1. What does moving and handling training include? Moving and handling training teaches people how to lift, move, and handle things and people safely to avoid getting hurt. It includes learning the right techniques, how to use equipment, how to check for risks, and why it's important to use good posture and body movements. We have an article that explains what moving and handling is and how it helps in healthcare. You can also check the HSE UK rules to learn more. 2. What do you learn in moving and handling training? You'll learn: How the body moves safely (Biomechanics). Identifying and dealing with potential dangers (Risk assessment). Safe ways to lift, carry, push, pull, and lower objects (Manual handling techniques). Using equipment like trolleys and hoists safely. Planning workspaces and tasks to avoid strain on the body (Ergonomics). 3. How can I make sure I remember the skills learned in training? Regular practice: Use safe handling methods in your everyday work or personal activities. Get refresher training: Take courses to refresh and update your skills. Share what you know: Teach colleagues or family members about safe handling practices. 4. Is moving and handling training essential for care providers? Absolutely! Safe handling techniques are crucial for protecting both yourself and the individuals you care for from injuries. Lifting, transferring, and assisting with daily activities can put strain on your body, and proper training empowers you to perform these tasks safely and effectively. 5. What moving and handling skills are important for care providers? The training teaches practical skills for your work, including: Safe lifting and carrying: Learn how to lift objects the right way to prevent injury. Transferring people: Learn safe methods to move people between beds, chairs, wheelchairs, and other places. Positioning and supporting people: Make sure the person is in the correct position during daily activities like bathing, dressing, and toileting. Using assistive equipment: Understand how to use tools like hoists, slings, and slide sheets safely. Ergonomic principles: Set up your workspace and tasks to reduce strain and keep things safe. 6. Who should provide training on moving and handling? Employers must give moving and handling training to their workers, especially those who lift or move heavy objects or people as part of their job. This training is usually taught by qualified instructors or trainers who know safe handling methods. 7. What is the manual handling course for carers? A manual handling course for carers equips carers with the skills to lift, move, and handle people safely in a care setting. It helps carers learn how to avoid injuries while taking care of people who may have trouble moving. 8. How often should carers be trained in practical manual handling? Carers should have regular manual handling training. How often this happens depends on things like the carer's experience, the care setting, and any changes in rules or best practices. Usually, refresher training is recommended once a year or whenever there are big changes in the care setting or equipment. Regular training helps carers keep their skills up to date and learn the safest ways to work. 9. Why is moving and handling training important in healthcare? Moving and handling training is very important in healthcare because it helps stop injuries to both patients and healthcare workers. Using the right techniques to move people makes sure patients are moved safely and comfortably, reducing the chance of accidents or pain. It also teaches healthcare workers how to keep themselves safe while doing physical tasks. 10. What should be considered when moving and handling a patient in the NHS? When moving and handling a patient in the NHS, you need to think about a few things. These include how the patient is feeling, if they need any aids to help them move, if the area is safe, and using the right tools and methods. It's also very important to treat the patient with respect and make sure they are comfortable. 11. What is the benefit of moving and positioning training? The benefit of moving and positioning training is that it helps healthcare workers learn how to safely and effectively assist patients with changing their position, moving, or being transferred. This training helps prevent injuries, keeps patients comfortable, respects their dignity, and improves overall care. It also lowers the risk of healthcare workers getting injured while doing their jobs. 12. Is practical manual handling training a legal requirement? Yes, practical manual handling training is often a legal requirement in the UK. Employers have a legal obligation under the Health and Safety at Work Act to provide their employees with proper training and equipment to ensure safe manual handling practices. This training helps reduce the risk of injuries when lifting, moving, or handling objects, and it is an important part of workplace health and safety. 13. What is moving and handling practical training? Moving and handling practical training teaches safe techniques for assisting, lifting, transferring and repositioning individuals in health and social care settings. It provides hands-on practice using equipment like hoists and slings to reinforce proper body mechanics and procedures. 14. Is practical manual handling training a legal requirement? Yes, UK employers must provide practical moving and handling training for healthcare staff and carers under the Manual Handling Operations Regulations 1992. Workers who lift or assist patients/clients require both classroom teaching and supervised practice. 15. Can you do moving and handling without practical training? No, classroom theory alone is not enough. Practical moving and handling training helps you learn new skills by getting feedback and corrections from an instructor in a safe environment. This builds muscle memory and reduces the risk when using techniques with patients/clients. Trying to handle without supervised practice could cause injury. 16. What are the key areas of practical moving and handling for carers? Safe use of mobility aids like hoists, slings, and transfer boards Helping with standing, walking, transfers, and moving people into different positions Working together as a team when more than one carer is needed Using proper manual handling techniques, like bending your knees and not twisting Changing techniques for heavier patients/clients Handling patients with medical devices like tubes and lines Using gait belts, slide sheets, and other mobility equipment Dealing with situations where patients are at high risk of falling Hands-on application of cement safe techniques to prevent strain and drops. Skills should be refreshed annually. We have provided a helpful blogpost on moving and handling cases for carers. 17. How can I get better at moving and handling? Regular practice of moving and handling is important for improving your skills and techniques. Here are some tips: Use your skills in real-life situations. Offer to help colleagues with moving tasks or practice safe lifting and transferring with a partner. Use training aids and equipment. Many providers offer mats, mannequins, and fake weights to help you practice in a safe place. Ask for feedback from experienced colleagues or instructors. Be open to helpful advice on your technique and learn from others. Stay updated on best practices. Attend refresher training, join workshops, and keep up with the latest safe handling techniques and rules. Our moving and handling eLearning training gives you important knowledge on safe patient moving. Empowering workers with the knowledge to safely move individuals What is moving and handling? In healthcare and social care settings, routine tasks often involve the manual movement, lifting, or handling of individuals under one's care. Our moving and handling training courses aim to instruct participants on the necessary skills and potential risks associated with the safe movement of people. Why is moving and handling training important? Approximately 249 million hours of home care are delivered annually, playing a crucial role in providing personal care and enabling vulnerable individuals to maintain as much independence as possible. Carers frequently engage in lifting activities, which require careful management to minimise the risk of short and long-term injuries, as well as the potential for musculoskeletal disorders (MSDs). Lifting, in particular, presents significant risks for both the lifter and the person being lifted in various healthcare settings, including hospitals, care homes, leisure, and education. Poor lifting techniques and the use of incorrect equipment can exacerbate existing conditions for both parties. While specialised equipment is available to assist, it is imperative for staff to be well-informed about when and how to utilise such tools. Improve your people handling skills with a principle-led approach Prevent MSDs and injuries with our proven qualifications Take actionable steps with practical skills and knowledge Discover flexible learning solutions just for you Which moving and handling course should I take? Our Manual Handling course focuses on training individuals' and teams in the proper techniques for safely moving and handling objects, this includes low risk roles like working in an office, to higher risk roles such as manual labour, delivery driving and workers in a warehouse. The goal of a Manual Handling training course, often called Moving and Handling training, is to educate individuals on best practices to reduce the risk of musculoskeletal injuries and promote safe and efficient movement in the workplace. Enquire Now Why choose to train with us? For more than 40 years, Red Cross Training has been providing training to businesses, with a focus on regulated training for the workplace such as first aid training. Did you know? The British Red Cross require all staff and volunteers to complete Manual Handling training as we recognise the value it has in preventing injuries. It isn't just about moving the big things, small repetitive movements also play a big part in injury statistics. Poor manual handling accounts for more than one in five of all workplace injuries. What topics are included on the course? The course covers various aspects related to Manual Handling including: 1. Why do you need Manual Handling training? Understanding what safe manual handling is. Recognising the impact of poor manual handling, including common injuries, such as impact to the employer and impact to the individual. 2. Understanding your back: Understanding the basic structure and functions of the spine. Recognising how poor manual handling technique can result in back pain. 3. Safe manual handling: Understanding how to assess the risk of moving a load. Understanding how to safely move a load as an individual or as part of a team. What are the course delivery options? Face to face learning (3.5 hour) This involves students attending a physical course either in one of our training venues or at your own premises. Classroom based courses allow learners to interact face-to-face with their trainer and peers, it typically involves group discussions, and practical activities such as role play to make the course interactive and engaging for all learning styles. The Manual Handling course is a practical course and learners will be encouraged to take part in moving objects, bending and lifting safely. If you have concerns about anything that may be included in the course please contact us. Learning and assessment Assessment and certificate To provide extra assurance, learners are encouraged to practice the skills covered during the course through a variety of hands-on roleplay, interactive question and answer sessions, quizzes, and other engaging activities. These activities are designed to guide and assist learners in gaining the necessary skills and ensure they can apply their knowledge safely within their workplace. Upon successfully completing the course, learners will be awarded a Moving and Handling certificate that is valid for a period of three years. Entry Requirements Suitable for all learners over the age of 16. Although not essential, it is beneficial for learners to be able to take part in the practical application of the safe manual handling principles covered on the course. FAQs What do employers have to legally do to reduce the risk of manual handling injuries? Employers have several legal obligations designed to reduce the risk of manual handling injuries. These include: Avoiding hazardous manual handling. Assessing the risk by identifying potential hazards, evaluating the likelihood of injury, and determining appropriate control measures. Implementing control measures to minimise the risk of manual handling injuries. Providing information and training as required. Monitoring and reviewing the effectiveness of any control measures and review them periodically. In short, the Manual Handling Operations Regulations require employers to avoid, assess and reduce the risk of injury from manual handling. What is the difference between Manual handling and Moving and handling? Manual handling refers to the activities that involve lifting, carrying, pushing, pulling, or moving objects or loads by hand or bodily force. It includes a wide range of tasks, such as lifting boxes, pushing carts, or arresing heavy items. Manual handling training specifically addresses the safe and proper techniques for performing these tasks to minimize the risk of injury. Moving and handling training is a broader term that encompasses not only manual handling but may also include the safe movement and handling of people. How often should Manual handling training be updated? Manual handling certificates are valid for 3 years, but it may be useful to refresh your manual handling skills more frequently if you work in an environment where there is an increased risk of manual handling injury. Get trained at one of our dedicated venues within a quiet, safe, and clean environment, away from the noise and pressure of the workplace. Enquire Now Attend our award-winning training courses via the virtual classroom method with our excellent instructors at your home without going anywhere. Enquire Now Get your desired training by gaining immediate 90 days access to our e-learning portal, which is accessible 24/7. Enquire Now Train multiple employees at the place, time, and environment of your choice without upsetting your employees' comfort and workflow. Enquire Now Your email address is registered on our Major Accounts portal - to receive your agreed pricing for training courses please proceed to the portal. According to statistics from the Health and Safety Executive, employees in the health and social care industry report the most cases of work-related ill health, which includes musculoskeletal disorders, a common consequence of unsafe lifting. Untrained workers are significantly more likely to injure themselves and the person being moved. They can also cause patients humiliation, discomfort or stress. This course explains how care workers can perform their moving and handling duties safely, respectfully and in line with the relevant legislation. Are You Aware of Your Responsibilities? Employers in health and social care sectors have a legal and moral obligation to ensure a safe environment for all workers, patients and service users. As part of this duty, they must risk assess all moving and handling tasks and ensure employees are provided the necessary equipment and training to carry out their work safely. Employees also have a responsibility to follow agreed procedures, use equipment properly and apply their training when moving and handling people. Several pieces of legislation govern the responsibilities of employers and employees in the care industry. These include: Health and Safety at Work etc Act 1974 Management of Health and Safety at Work Regulations 1999 The Manual Handling Operations Regulations (MOHR) 1992 The Provision and Use of Work Equipment Regulations (PUWER) 1998 Lifting Operations and Lifting Equipment Regulations (LOLER) 1998 Failure to comply can put employees and people using care services at greater risk and lead to fines, penalties and legal action. This Handling and Moving People training equips care sector workers with the essential knowledge and skills to move and handle people safely and ensure legal compliance. About This Moving and Handling People Course This Moving and Handling e-Learning training course is designed for carers, homecare workers, and other care sector workers responsible for moving and handling patients and other individuals. It provides users with a comprehensive knowledge of the legal requirements, injury risks and best practices for moving and handling people. The course also highlights unlawful techniques to avoid, ensuring both safety and compliance.