Moving and Handling of Children and Young People: 1-Day Practical Skills Course

Practical paediatric handling training for staff, at your premises

WHO IT IS FOR
Staff who move and support children and young people as part of their job, in hospitals, home care, specialist schools and respite care centres.

LENGTH
A full day, 9.00am to 4.00pm, as set out below. Longer courses, up to a 5-day train the trainer course, are also available.

WHERE IT RUNS
On-site at your premises, using your own equipment where possible.

CERTIFICATE
OFI certificate for every delegate, valid for 3 years. A refresher is due after 3 years.

DELIVERED BY
OFI's expert People Moving and Handling instructors, most of whom are also qualified physiotherapists or osteopaths.

GROUP SIZE
Up to 10 delegates per course.

Course schedule

TIME	SESSION	DELEGATES WILL
9.00	**Registration, welcome and introduction**	Get to know the course content and format
9.20	**Legislation and musculoskeletal injury**	• Know their responsibilities under HASWA 1974, MHOR 1992, PUWER, LOLER, the Human Rights Act 1998 and local policy • Understand cumulative strain, the structure and function of the spine, and the effect of poor working posture • Know how to reduce the risk of musculoskeletal injury
10.30	**Load handling and people handling risk assessment**	• Identify moving and handling risks with loads and with children and young people • Use the TILE approach and their organisation's own risk assessment documents
11.00	Tea and coffee	
11.15	**Lifting and lowering, pushing and pulling (practical)**	Demonstrate sound lifting, carrying and push/pull technique, and identify push/pull risks such as wheelchairs and hoists
11.45	**Moving and handling of children and young people (practical)**	Repositioning in a chair; sit to stand and stand to sit; chair–bed transfers; assisted walking; the falling and fallen child or young person
13.00	Lunch	
13.30	**Techniques in and around the bed (practical)**	Safe use of electric beds; sitting to lying and lying to sitting; sitting forward in bed; turning in bed; inserting slide sheets; sliding up the bed; sitting on the side of the bed

TIME	SESSION	DELEGATES WILL
	Hoisting (practical)	The HSE's hoist guidance; safety checks before use; dynamic risk assessment; fitting a sling in a chair and a bed; hoisting chair to bed and back, and from the floor; passive and active hoists
15.00	Tea and coffee	
15.15	**Hoisting, continued, and lateral transfers**	A range of hoisting techniques, and lateral transfers from bed to trolley and back, where appropriate
15.45	**Record of training, and questions**	
16.00	**Close**	

Every technique is taught with attention to the comfort and dignity of the child or young person. Every course is tailored to your setting, your equipment and the children and young people your staff support, so content and timings may differ from this outline.