

## Moving and Handling Skills Development

### Learning outcomes:

After completion of this course, you will:

- be able to identify hazards and undertake a LITE risk assessment prior to all moving and handling tasks
- have the knowledge necessary to reduce the risks of musculoskeletal injury caused by moving and handling in the workplace
- identify and use moving and handling equipment, understand safety features
- understand the importance of sling safety checks prior to use
- demonstrate evidence based patient handling techniques

On your return to the work area you will need to practice moving and handling techniques appropriate to your work area and patient needs.

**Note:** If you are booked to attend Centralised Learning Requirements (CLR) you do not need to book this course

### Content: (can be customised to reflect work area of participants)

- Risk Assessment
- Moving and Handling objects
- Reposition dependent patients
- Hoisting and sling safety checks and usage
- Managing partial assist patients – assessment and mobility needs
- Managing falls retrieval
- New equipment as required
- Other relevant equipment /topics as identified by participants

Available to:	Price (+ GST)	Booking Method
Hutt Valley Staff	Nil	MyPay
Wairarapa	Nil	Email Eleanor.barrett@ccdhb.org.nz
External Health Professionals (Primary Health, PHO, Aged Care)	Not available	
Private sector	Not available	

Target Audience	All existing staff who are required to move patients as part of their work. Training to be attended on 2 yearly basis
Dress requirements	Comfortable clothes for example Track pants and tee-shirt or uniforms. Well fitting supportive footwear. Short finger nails You will be expected to move and be moved by others attending the course

# 2023 Training Opportunities



Course Facilitator	Enquiries to Eleanor.barrett@ccdhb.org.nz
Food Provided	Tea and Coffee
Venue	Room 10, Clinical Training Unit, Level 2, Clock Tower building

## Course Details: Dates for Allied Health Professionals

Day	Date	Start - Finish	Team specific allocations
* Tuesday	28 Feb	8.30-11	Community Allied Health /early supported discharge team only
Thursday	23 March	8.30 - 11	
Thursday	13 April	8.30 – 11 or 13.30 – 16.00	
*Wednesday	24 May	10.30-1 or 1.30-16.00	Community Allied Health /early supported discharge team
Thursday	25 May	8.30 - 11	
Tuesday	30 May	8.30 - 11	
*Thursday	21 June	13.00 – 15.30	Speech and Language Therapists only
Friday	5 July	8-10.30 or 10.45-1.15	
Tuesday	11 July	10.30 - 1.00	
*Wednesday	12 July	8-10.30	Out patient Therapy only
Wednesday	16 August	13.30 – 16.00	
Thursday	14 September	13.30-16.00	
Wednesday	28 September	13.30-16.00	
Wednesday	4 October	8-10.30 or 13.30-16.00	
Thursday	9 November	14.00 – 16.30	
Monday	4 December	10.45 – 1.15	

\*Team specific session – email Eleanor to book  
Attendance will be recorded on Mypay after the session.

Additional dates are available for service specific sessions. These can be booked by team leaders  
Enquiries to Eleanor.barrett@ccdhb.org.nz.