

Course Outline for *Transferring and Moving People with Physical Disability*

This workshop is designed for personal carers working with people with a physical disability to assist them to build knowledge and skills in safely transferring and moving people. This is a very practical workshop which will give participants the opportunity to practice techniques in a simulated client environment.

Course Content:

- Identifying the benefits of safe people handling and the legal responsibility for safe work practices
- Reviewing basic principles of manual handling and how they apply to personal care work
- Discussion of back care principles and how to maintain a healthy back while doing personal care work
- Identifying correct body postures and physical techniques for transferring and moving people as part of personal care work
- Examination of the need for risk assessments in relation to people moving tasks and the role played by both the individual and the organisation
- Practical exercises in a simulated client environment examining;
 - Using hoists to transfer clients
 - Working with wheelchairs
 - Positioning and assisting people in bed
 - Body postures in relation to bathroom activities