



Course Title: Moving and Handling

Length: 3 hours

Learning Outcomes

- Principles of caring for you back
- Identifying and assessing risks
- Understanding relevant legislation
- Roles and responsibilities of the worker
- The spine and how it works
- Good practice guidance for manual handling

All courses include handouts and certificates.

Links in part to Common Induction Standard 8: Health and safety in an adult social care setting

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