**Moving &**

**Forward Carers Consortium**

**Carer Training Support**

**Handling of People**

3 hours Duration – Free to Family Carers

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| --- | --- | --- | --- |
| **Who is it for?** * Care of the spine
* Common back & other associated injuries
* Risk assessment and reduction
* Manual handling - practical
* Moving people – a practical approach
 | **Course content:**  | **Qualifications:** Personal certificate of attendance | **Delivered in accessible community locations**  |
| Carers of people living in Birmingham who may have to lift, move or position people. This interactive course will give both theoretical and practical knowledge to enable carers to assist in moving and positioning individuals they care for safely.**All training delivered by qualified & experienced trainers provided by First Response Training** |  | info@birminghamcarershub.org.uk | Up to 12 delegates will attend each sessionFree to CarersRing **0121 448 7088** for further information and to register for courses OR E-Mail us at  |

**Moving, Handling &**

**Forward Carers Consortium**

**Carer Training Support**

**Hoisting of People**

6 hrs Duration – Free to Family Carers

|  |  |  |  |
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| **Who is it for?** Carers of people living in Birmingham. The course content covers and exceeds Skills for Care Standards • For carers who move, position & hoist people The course provides opportunity for skills practice including • assisting to walk • assisting to stand • chair work • bed work • hoisting. | **Course content:**  | **Qualifications:**  | **Delivered in accessible community locations**  |
| • Anatomy & physiology • Common manual handling associated injuries • Risk assessment & reduction • Principles of good manual handling techniques • Hoist work • Principles of moving and handling people • Practical exercises | * Personal certificate
* Course Handouts
 | Up to 12 delegates will attend each sessionFree to CarersRing **0121 448 7088** for further information and to register for courses Or e-mail us at :  |  |
|   |  |
| Mapped **to QCF Diploma** Linfo@birminghamcarershub.org.uk |

**All training delivered by qualified & experienced trainers provided by First Response Training**