

Manual handling of people

Independent living for Adults must be achieved as part of a wider programme of empowering and enabling all people receiving homecare to have better lives.

A significant area in the aims and objectives of **ACSC** is to ensure that staff are well trained in all aspects of care and to implement awareness of this training in their work practice. With the focus in care delivery promoting person centred care schemes, awareness training in several areas has become an integral part of service delivery and safer working practice. **ACSC** has developed a manual handling training programme to support **formal and informal social care workers practice safer handling techniques of people in the community.**

THE TRAINING PACKAGE INCLUDES:

- ▶ Current legislation
- ▶ Back facts
- ▶ Risk assessments
- ▶ Spinal anatomy and causes of injury
- ▶ Principles of biomechanics
- ▶ Wheelchair Awareness
- ▶ Car transfers
- ▶ Ergonomic principles and concepts
- ▶ Controversial Techniques
- ▶ Practice with a selection of manual handling aids.

This will also provide **formal and informal carers** an opportunity to view handling aids that may be implemented to reduce risk in their tasks for themselves and the individual they provide care. Training sessions can be arranged in small groups of up to 8 people per session. Alternatively arrangements can be made to hold individual sessions in the service user or client's home. Here manual handling techniques can be tailored to suit the individual's specific needs or any issues relating to manual handling can be addressed.

Our manual handling trainers hold Edge Key - Trainer Certificates in Manual handling of People and we are a member of the National Back Exchange and hold relevant manual handling liability insurance. Our portfolio includes successful manual handling and risk assessment training delivery to care homes and domiciliary care agencies.