



Safe Manual Handling & Client Moving

Blended learning course for NDIS, Aged Care, Disability & Allied Health Nurses and Care Staff



Blended Learning:	Part 1: Pre-learning must be completed prior to live training (30mins). Part 2: Live training (90 mins). Part 3: Post learning plus Quiz (30 mins) (must be completed to receive Student Certificate).
Live Training Date:	Thursday 15th February 2024 9.30am to 11.30am SA 10.00am to 12.00pm VIC, NSW, ACT, TAS, 7.00am to 9.00am WA 8.30am to 10.30am NT 9.00am to 10.00am QLD - Zoom details given once registered.
Trainer:	Peter Broadbent
Cost per learner:	\$ 195 (incl.GST) (Discounted rates apply for organisation bulk enrolments.)

Participant Outcomes:

- Certificate of Completion
- 2.5-hour Continuous Professional Development
- Access to Backsafe learning Resources
- Access to Backsafe Trainer

Course Outcomes:

- Decreased risk of sustaining injuries when moving clients.
- Decreased risk of sustaining injuries when moving plant, stores and equipment.
- Increased safety for those that you are caring for.
- Increased confidence with providing patient handling care.
- Identification and control of specific transfer techniques in client moving.
- Identification and control of manual handling techniques in the aged care and disability sector.

This course will cover:

This course will help carers prioritise their own safety at work so they can provide the best care to their clients and keep safe from musculoskeletal injuries.

Part 1: eLearning (self-paced online module) – duration 30 minutes

- Manual Handling Facts, Stats and Definitions
- Manual Handling & Patient Moving - Risk Management & the Hierarchy of Controls

Part 2: Live training session via Zoom – duration 90 minutes

- **Your body at work**
 - How the body works and how the creation of a MSD is a cumulative trauma injury.
 - How leverage forces can negatively impact the body when lifting incorrectly and how correct lifting can allow the body to work safely without damage.
 - Demonstration of pre-work and after breaks warm-ups and stretches.
- **Safe manual handling and client moving – Strategies and techniques**
 - Understanding and application of lifting, carrying and generally moving plant, equipment and frequently used items.
 - Understanding and application of a range of client/patient transfers including:
 - OFF BED
 - Move from bed to chair
 - Move from chair to bed
 - Chair to toilet
 - Move fallen person off floor
 - In/out of bath or shower
 - ON BED
 - Move up / down bed
 - Sit up
 - Roll over
 - Turn / reposition in bed
 - Sit on side of bed
 - WALKING

- Walking with belt support
- In/out of car or van

Part 3: eLearning (self-paced post learning & online quiz) – duration 30 minutes

Once you complete all 3 Parts you will be eligible to receive a Certificate of completion and 2.5 hours towards your Continued Professional Development.

Participant Resources

- **All participants will receive the following Backsafe Training Materials.**
 - 1 x Backsafe Patient Moving Workbook
 - 1 x Backsafe General Manual Handling Workbook
 - 1 x Backsafe laminated warm up and stretch tri-fold card
 - We encourage you to register a week before the live session to make sure you receive your hard copy training materials in time for the live session.
- **All participants will receive the following Backsafe Training Materials via online e-learning platform.**
 - Access to 12 x Backsafe patient moving videos
 - Access to recording of live session
 - Manual Handling – Facts & Stats – Learner Guide
 - Manual Handling Risk Assessment – Learner Guide
 - Discomfort Survey - To assess your own body's health
 - Manual Handling Observation Checklist - To assess manual handling risk
 - Patient Risk Assessment Checklist - To assess hazardous people handling tasks

Cancellations:

By registering and purchasing your course, you agree to receiving training updates.

Notification of cancellation or transfer of registration must be by email to jane@backsafe.com.au No refund is available for any cancellations received 5 working days or less prior to the start date, however a substitute delegate is welcome. Please notify us of any substitution as soon as possible. **No refund or transfer will be given for non-attendance.**

Contact Information:

To register go to our [Backsafe Online Academy](#). For any course or technical enquiries, please contact Jane Stewart jane@backsafe.com.au or 0411 838 033.

Your Trainer - Peter Broadbent

Peter has been a trainer and coach for more than 30 years. During this time, he has come to understand the physical and mental makeup of the modern working person and the challenges they face in today's work a day world. Peter has been instrumental in the development of the Backsafe Manual Handling Training Program and the associated Backsafe Patient Handling Program utilising the skills developed while protecting staff from all areas of industry and commerce.

Peter has trained tens of thousands of staff and has created a unique group of skilled in-house Champions and Trainers to help multiply the effect of Backsafe Training Program to be the biggest and most effective program throughout Australia and the Pacific region.

Peter's personal goal is to proactively create a healthy, happy and secure society and to contribute to the well-being of all humans who work in industry and commerce.



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