

Train the Trainer (3 day Moving and Handling Instructor)

Advanced Care Yorkshire offers a number of courses, including the 3 day Moving and Handling Instructor course. This enables delegates, with a teaching qualification, to specialise in Moving and Handling practices for the Health and Social Care Sector. This training examines all areas of presentation, and will effectively train trainers to then in-house train their company's employees.

At the end of the 3 day training program, delegates will be asked and expected to be able to demonstrate a presentation of a topic of their choosing which may or may not be relevant to their day to day work. The training will encourage, through personal, group and trainer feedback the growth of the delegates as excellent presenters. This Three day course is half theory and half practical, and includes:

- **Day One** - Icebreakers, Learning styles, Training practicalities, things to consider when planning training, Tips to become a top trainer, tutor or teacher, Planning a course and effective course content, effective communication, and recognizing and dealing with problems
- **Day Two** – Law, legislation, facts and back care, Theory work surrounding all the equipment used, Practical half day involving many of the pieces of moving and handling equipment available, techniques of handling including covering good techniques and banned practices, Pressure areas and pressure care
- Moving and Handling equipment covered includes, One way glide, slide sheets, Rope ladders, hand blocks, leg lifters, chair and bed raisers, slide boards, Handling slings, handling belts, Turntables, Standing turners, and many more
- **Day Three** – Working on and with the bed, all aspects of bed work, Hoist theory work covering all types of hoist, including free standing manual and electric, Ceiling track Hoist, Stand up hoist, over bed hoist, bathroom hoists and bathroom equipment, hoist composition, followed by a practical session on practical use of the hoists and types of slings, followed by presentations and summaries

Training methods: Tutor led theory work, practical demonstrations and sessions, simulation and group discussions. Candidates will take away with them a comprehensive course handout.

Assessment is a thorough observation and assessment of all practical elements and personal presentation followed by a test paper, On successful completion of the course, students will receive a Certificate. Employers will receive all necessary paperwork to provide an auditable paper trail

