



Changing the way we MOVE

## Courses & Development Pathways

### Stand Alone Courses

#### **Moving & Handling People (Core Module) - 2 Day Introduction**

A course intended for people who have had no experience in the past 3 years of Moving and Handling based on the Neuromuscular Approach to Human Movement (NMAHM)<sup>®</sup>. It is also the **Core Module** for people wishing to further develop their skills in specific areas.

#### **Moving & Handling People - 1 Day Refresher**

A course intended for people who have previously attended a two-day course on Moving & Handling People based on the Neuromuscular Approach to Human Movement (NMAHM)<sup>®</sup>, within the past year.

#### **Moving & Handling (Non-people Manual Handling) - 1 Day**

A course intended for people who undertake Manual Handling tasks as part of their everyday job. A minimum of yearly updates are recommended.

### Modular Courses

Modular Courses can only be accessed by people who have undertaken the **Core Module** within the past 2 years, or who have attended regular **Refresher** courses should they have undertaken the Core Module/2 Day Induction course greater than 2 years ago.

#### **Sitting, Standing, Walking**

This module is intended for people who wish to develop their skills and/or who have a significant amount of people handling involving: sitting, standing and walking.

#### **Bed Working**

This module is intended for people who wish to develop their skills and/or who have a significant amount of people handling involving: working on beds.

#### **Working with Equipment**

This module is intended for people who wish to develop their skills and/or are regularly required to use equipment in the handling of people e.g. hoists, slide sheets, transfer boards, etc.

#### **Risk Assessment**

This module is most suited for people who wish to develop their skills relating to informal/formal Risk Assessment and/or who have a significant involvement in the formulation of Risk Assessments.