

Certificate
IN
**MOVING AND HANDLING
THEORY**

The following person completed the above training,
online, through social-care.tv on November 12th 2021

Jane Smith
and achieved 100%

THIS COURSE SYLLABUS INCLUDES:

- Ouch, back pain!
- How injury affects different people
- The cumulative nature of back pain
- Work as trained
- Prevention is better than cure
- How your back works
- Basic anatomy
- Spine, discs, ligaments, muscles etc.
- Ergonomics
- Movements
- Bearing the bulk of a person's weight
- Safe handling principles
- Correct handling position
- Infection control
- Promoting independence



Mulberry House

www.mulho.com



Contributes to Care Certificate Standard 13



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