

*Certificate*  
IN  
**MOVING AND HANDLING  
THEORY**

The following person completed the above training,  
online, through social-care.tv on August 30th 2020

**Glynis Stevens**  
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**

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Contributes to Care Certificate Standard 13



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