



AGED CARE INDUSTRY
ASSOCIATION

Unit 5, 259 Glen Osmond Road, Frewville SA 5063
08 8338 6500

ONLINE

SAFE MANUAL HANDLING AND CLIENT MOVING

Self-paced e-Learning with live online training via Zoom

E-Learning: Self-Paced (approx 30-minutes) - this must be completed prior to 6 May

Online Live Training: Monday 6 May 2024

Time: 9.30am to 11.00am SA, NT | 10.00am to 11.30am VIC, NSW, ACT, TAS, QLD | 8.00am to 9.30am WA

Audience: Nurses and Care and Support Staff in Aged and Disability services

Presented by: Peter Broadbent, Backsafe Senior Trainer

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 and Patient Moving - Risk Management

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
- Understanding the Hierarchy of Controls as it relates to client moving
- 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
- Manual Handling - Facts and 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

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

ONLINE

SAFE MANUAL HANDLING AND CLIENT MOVING

Email registration form to enquiry@acia.asn.au

Date: Monday 6 May 2024

Time: 9.30am to 11.00am SA, NT | 10.00am to 11.30am VIC, NSW, ACT, TAS, QLD | 8.00am to 9.30am WA

Member - \$215 per person (Inc GST)

Non-Member - \$225.50 per person (Inc GST)

* Contact us for a discount for a booking of 4 or more people

Name: _____

Organisation: _____

Address: _____

Position: _____ Phone: _____

Email: _____

* Email address of **participant** is required for the online link

Payment Details

Credit Card*

Visa Card*

Master Card*

* Card payments attract a 1.5% surcharge

Card No: _____ Expiry: ____ / ____

Cardholders Name: _____ Signature: _____

Invoice for EFT Payment

Terms and Conditions

Please note this registration is not an invoice. Aged Care Industry Association (ACIA) will forward a confirmation upon receipt of this registration. Bookings must be made prior to the workshop using the registration form provided and emailed to ACIA.

Course cancellations: ACIA reserves the right to cancel events if sufficient numbers are not achieved. In the case of a cancellation by ACIA all registration fees will be refunded in full.

Registration transfer or cancellation: Notification of cancellation or transfer of registration must be by email to enquiry@acia.asn.au. No refund is available for any cancellations received five working days or less prior to the start date, however a substitute delegate is welcome. Please notify ACIA of any substitution as soon as possible. **No refund or transfer will be given for non-attendance.**

Sessions are live and no recording will be permitted or provided (unless specified).

By completing this registration form you agree to ACIA sending training updates to you.

DISCLAIMER: The advice and views of speakers and the content of presentations are entirely and exclusively the views of the speakers and do not necessarily reflect the views of ACIA. ACIA disclaims all liability in relation to actions taken in response to information presented by speakers.