

Moving and Assisting (Theory) Refresher

During our Moving and Assisting (Theory) Refresher training, you will gain essential knowledge of spine anatomy and physiology, alongside legislation relative to assisting the individuals you care for.

Learn proactive strategies to mitigate risks to yourself and others before manoeuvring individuals, and grasp the fundamental theory of safe movement and positioning.

[Learn more >](#)

Learning Outcomes

- Understand basic anatomy and physiology of the spine
- To know the main legislation relating to moving and assisting
- To minimise risk before moving and positioning individuals
- To understand the theory of moving and positioning people safely
- To know when to seek advice and/or assistance from others

Course Content

Module 1: Spine Anatomy and Physiology

- Explore the basic structure and function of the spine
- Understand the importance of spine health in movement and positioning
- Identify common spinal conditions and their implications for care

Module 2: Legislation in Moving and Assisting

- Familiarise yourself with key legislation governing moving and assisting practices
- Understand legal responsibilities and obligations in caring for individuals
- Learn how to apply legislation in real-life care scenarios

Module 3: Risk Management in Movement

- Recognise potential risks associated with moving and positioning individuals
- Develop strategies to minimise risks and ensure safety
- Practice risk assessment techniques in various caregiving situations

Module 4: Theory of Safe Movement and Positioning

- Delve into the theoretical framework of safe movement techniques
- Learn proper body mechanics and ergonomic principles
- Understand how to apply theory to practical caregiving situations

Module 5: Seeking Advice and Assistance

- Identify situations where advice or assistance is necessary
- Learn effective communication strategies for seeking help
- Understand the importance of teamwork and collaboration in caregiving