



# Step Up Training and Care

From Training to Caring, we deliver excellence

Course Name	<b>Moving and Handling</b>
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## Where can this course be held?

This course is a classroom style training course.

- We have classroom facilities at our offices at The Business Centre, Edward Street, Redditch, Birmingham, B97 6HA
- Or
- We can deliver this course at your care setting for a group of your employees

## Style of Delivery

This course is a blended learning experience

You can expect:

- Powerpoint presentation
- Group Discussions
- Case scenarios
- Practical demonstration
- Exercises

## What will I learn on this course?

- Legislative framework
- Anatomy and physiology of the body
- Principles of Safe Handling
  - Objects
  - People
- Risk assessment
- Aids and equipment

## Qualification Duration

The duration of the course is one day. If the course is running at our offices in Redditch, we usually deliver the course between 10am to 3.30pm - this allows learners to travel outside of rush hours. We ask that all learners try and arrive at least 15 mins prior to start time. Please sign in at reception when you arrive.

## Who is this course suitable for?

This course is designed for

- Adult care worker
- Healthcare assistant/support worker

- Personal assistant
- Anyone who works with care settings that may be asked to help assist with individuals in moving them from one place to another

#### Costs

This course is £150 to £200 for up to 12 learners. The cost range is dependent on whether we are delivering in our own classrooms or if our tutors need to travel to your care setting.

There is an addition fee of £10 per delegate for a workbook

Step Up Training and Care will invoice for 75% of the course fees upon enrolment to the course. The remaining 25% will be invoiced once the course has been delivered. Payment terms are usually 7 days.

#### What Should I bring with me?

We do not supply lunch for any candidates but will supply tea and coffee refreshments. We have a small fridge on site which candidates can use. A sandwich van visits our premises twice a day at 10.30am and 12.30 p.m. There are some local shops that you can buy food from nearby.

We would advise all candidates to bring their own mug for tea/coffee. You may wish to bring your own personal notebook and pen. Please wear something comfortable as this course may involve a practical element.

Wearing of masks is now entirely optional. Our offices are sanitised at least twice a day but if you have concerns over Covid safety, please do let us know in advance so we can put any measures you require in place so that you can fully participate in the learning.

#### Car Parking

The visitor's car park is on site but has limited spaces so please try and car share where possible. Car parking is free. If the car park is full, there is opportunity for on- street car parking just a little walk from our offices.

#### Certification

Upon successful completion of this course, you will be issued with a certificate sent to your care setting and individual learner usually by email.

#### Enrolment

Full details of how to enrol on this course can be found on our website, under the section Classroom Based Training.