



Changing the way we MOVE

Courses & Development Pathways

Stand Alone Courses

Moving & Handling People (Core Module) - 2 Day Introduction

A course intended for people who have had no experience in the past 3 years of Moving and Handling based on the Neuromuscular Approach to Human Movement (NMAHM)[®]. It is also the **Core Module** for people wishing to further develop their skills in specific areas.

Moving & Handling People - 1 Day Refresher

A course intended for people who have previously attended a two-day course on Moving & Handling People based on the Neuromuscular Approach to Human Movement (NMAHM)[®], within the past year.

Moving & Handling (Non-people Manual Handling) - 1 Day

A course intended for people who undertake Manual Handling tasks as part of their everyday job. A minimum of yearly updates are recommended.

Modular Courses

Modular Courses can only be accessed by people who have undertaken the **Core Module** within the past 2 years, or who have attended regular **Refresher** courses should they have undertaken the Core Module/2 Day Induction course greater than 2 years ago.

Sitting, Standing, Walking

This module is intended for people who wish to develop their skills and/or who have a significant amount of people handling involving: sitting, standing and walking.

Bed Working

This module is intended for people who wish to develop their skills and/or who have a significant amount of people handling involving: working on beds.

Working with Equipment

This module is intended for people who wish to develop their skills and/or are regularly required to use equipment in the handling of people e.g. hoists, slide sheets, transfer boards, etc.

Risk Assessment

This module is most suited for people who wish to develop their skills relating to informal/formal Risk Assessment and/or who have a significant involvement in the formulation of Risk Assessments.