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| **Teacher/trainer name:**  | **Lesson name:** Manual Handling & People Moving |
| * **Lesson aim (s):** The purposeof this lesson is toprovide learners with:
* An understanding of why it is important to lift correctly
* An understanding of their legal rights & responsibilities in relation to manual handling and the implications of non compliance,
* An understanding of the muscloskeletal system, how it protects itself and how it can get injured through incorrect MH
* An understanding of the factors that increase the risk of injury through incorrect manual handling
* Understand the benifets of exercise
* The skills to be able to lift correctly
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| **Lesson objectives:** At the end of this lesson, learners will be able to: |
| 1. List the duties of the employer and the employees under the Safety, Health & Welfare at Work Act & the Manual Handling Regulations
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| 1. Explain the implications of non compliance with these duties
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| 1. Detail the purpose, composition and characteristics of the key elements of the musclo-skeletal system and how it can get injured
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| 1. Explain the relevance of anatomy to manual handling
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| 1. Give examples of factors that increase manual handling risk under T.I.L.E and possible solutions
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| 6. Perform an informal risk assessment  |
| 6. List the benifets of exercise  |
| 7. State the 8 principles of safe Lifting |
| 9. Move people using the 8 principles of safe manual handling |
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| **Timing** | **Topic** | **Teaching method** | **Resources required** |
| 15- 20 mins | What?, Why? | Discussion (Walking debate). Lecture (Definition) | Powerpoint, Flipchart |
| 15- 20 mins | Legislation | Lecture (Outine duties), Discussion (relevance), Case Study | Powerpoint, Fipchart |
| 15- 20 mins | Anatomy | Lecture, Discussion (Purpose).  | Powerpoint, Flipchart, Spine |
| 15- 20 mins | Risk Assessment | Lecture (T.I.L.E). Discussion (Ask for examples of risk factors).Case study (Show case study and ask class to identify risk factors) | Powerpoint, Flipchart, Case Study Clip |
| 10-15 mins | Backcare in everyday life | Discussion. Ask learners to discuss the relevance of posture, ergonomics to their own lives | Flipchart |
| 15-20 mins | Exercises | Discussion (Benifets). Demonstration (basic exercises) | Flipchart, Space! |
| 30- 45 mins | 8 Steps of lifting | Lecture (8 Steps) Discussion (why, link back to theory)Demonstration, involvement and practise | Flipchart |
| 10-15 mins | Backcare in everyday life | Discussion. Ask learners to discuss the relevance of posture, ergonomics to their own lives | Flipchart |
| 15-20 mins | Test |  | Test papers |
| 10-15 mins | Introduction to people moving | Explain the basic principles of how the principles of manual handling apply to people moving | Whiteboard |
| 10-15 mins | Weight transfer | Get students into a circle and get them to practise weight transfer |  |
| 15- 20 mins | Pushing/pulling | Demonstrate how to apply the principles of MH to push/pullGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Sitting up a Client | Demonstrate how to apply the principles of MH to sitting upGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Turning a Client | Demonstrate how to apply the principles of MH to standingGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Standing & Sitting | Demonstrate how to apply the principles of MH to standing & sittingGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Walking | Demonstrate how to apply the principles of MH to walkingGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Fallen patient | Demonstrate how to apply the principles of MH to dealing with a fallen patient. Get students to practice. Observe and assess | Bed |

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| 15- 20 mins | Rolling | Demonstrate how to apply the principles of MH to Sitting upGet students to practice. Observe and assess | Bed |
| 15- 20 mins | Sliding | Demonstrate how to apply the principles of MH to slidingGet students to practice. Observe and assess | Sliding sheets |
| 15- 20 mins | Hoist | Demonstrate how to apply the principles of MH to using a hoistGet students to practice. Observe and assess | Hoist, sling |
| 15- 20 mins | Turntable/ Bananna Board | Demonstrate how to apply the principles of MH to using turntables/ Bananna Boards. Get students to practice. Observe and assess | Turntable/ Banana Board |
| 15- 20 mins | PAT Slide | Demonstrate how to apply the principles of MH to using a PAT SlideGet students to practice. Observe and assess | PAT Slide |

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