Manual Handling For Child Care



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Health and Safety legislation in Ireland requires that all childcare staff engaged in Manual Handling must be given training in safe Manual Handling techniques where injury could happen. ***This Manual Handling for Child Care course is specially designed to train childcare staff to carry out manual handling tasks correctly and therefore avoid back injuries.*** By providing Manual Handling training for your staff you are complying with Health and Safety regulations and helping to prevent injuries in the workplace.

Relevant H&S Legislation

- HSE Manual Handling and People Handling Policy 2018
- Safety, Health and Welfare at Work Act 2005
- Safety, Health and Welfare at Work (General Application) Regulations 2007 – 2016

Course Contents

- Health and Safety Legislation.
- Manual Handling tasks in childcare
- Anatomy & Back Care
- Bio Mechanics
- Fitness, Flexibility & Nutrition
- Ergonomics & Risk Assessment using T.I.L.E
- Safe Moving & Principles of Manual Handling

Method of Delivery

- PowerPoint presentation
- Discussions
- Practical demonstration

Course Duration

- Half day

Assessment

- Participants are required to complete a short multiple-choice assessment & practical lifting demonstration

Certification

- Successful participants will receive certification from Donegal Safety Services Ltd
- Certification is valid for 3 years

Max Participants

- 12

If you would like further information on this Manual Handling for Child care course or any of the other courses we offer please ***contact us today.***

All of our courses are Covid-19 compliant, press here for view our Covid-19 policy in full.