

Safe Manual Handling Techniques - Gerontic Chairs & Lifters



Self Learning Package

Presented by

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Professional Competence with a Caring Attitude

An easy to follow self-learning package that will result in all your staff having the **ability to demonstrate** a basic understanding of the important area of Manual Handling Procedures

This exciting package covers the following topics:

- The principles for use of gerontic chairs including:
 - Lowering
 - Raising
 - Moving
- How to apply a sling to reduce your chance of injury
- Guidelines for lifter use
- How to position furniture for ease of lift
- Principles for lifter and sling use

It is important that staff caring for aged people whether in aged care facilities or home care follow correct manual handling procedures, for both comfort and safety of staff members and clients.

The consequences of not following correct procedures may include injury to either the carer and client or both. Through simple strategies and practices we can reduce the chance of injury to both clients and carers, and provide a much safer and happier work environment.

This package looks at equipment and techniques commonly used in both residential and home care and shows some manual handling approaches that may reduce the risk of injury to carers.

There is a focus on gerontic chairs and lifting equipment and on some of the techniques that carers can employ to reduce strain.

This Self Learning Package contains:

- A 16 minute video/DVD
- A printed companion manual containing a series of questions that staff are able to answer
- An electronic copy of the manual

All for **only** \$87.95 VHS or \$88.95 DVD including GST, delivered right to your door. You will not find a more economical way of providing all of your staff with this vital training. If you have previously purchased this package in the VHS format and would like to move to DVD you can do so for the special **upgrade** price of **\$31.95**. The upgrade includes a DVD of the video which also contains an electronic copy of the manual.

This self learning package covers areas that could be linked to the following Expected Outcomes as defined in the *Aged Care Principles of the Aged Care Act 1997*

1.7 Inventory and Equipment

Expected Outcome

Stocks of appropriate goods and equipment for quality service are available.

2.11 Skin Care

Expected Outcome

Residents' skin integrity is consistent with their general health.

2.14 Mobility, Dexterity and Rehabilitation

Expected Outcome

Optimum levels of mobility and dexterity are achieved for all residents.

4.1 Continuous Improvement

Expected Outcome

The organisation actively pursues continuous improvement.

4.2 Regulatory Compliance

Expected Outcome

The organisation's management has systems in place to identify and ensure compliance with all relevant legislation, regulatory requirements, professional standards and guidelines, about physical environment and safety of systems.

4.3 Education and Staff Development

Expected Outcome

Management and staff have appropriate knowledge and skills to perform their roles effectively.

4.4 Living Environment

Expected Outcome

Management of the residential care service is actively working to provide a safe and comfortable environment consistent with resident care needs.

4.5 Occupational Health and Safety

Expected Outcome

Management is actively working to provide a safe working environment that meets regulatory requirements

A little about the presenter:

**Robin Townsend AUA (Physio), Grad Dip (Gerontology),
Cert IV (Workplace Trainer)**

Robin graduated with a Diploma of Physiotherapy from the University of Adelaide in 1972 and a Graduate Diploma in Gerontology in 2003.

Robin is currently working in both residential and community aged care. She has a special interest in the areas of falls prevention, maintenance of mobility and exercise for older people. She is committed to the reduction of manual handling injuries in her work as both a clinician and a manual handling trainer.

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