

Manual Handling Customised Training



Bed Mobility

- Rolling
- Moving up the bed
- Lying to Sitting



Transfers & Walking

- Sit to Stand
- Walking
- Pushing a Wheelchair / Care Chair
- Navigating Stairs



Lifters

- Stand Up Lifter
- Stand Aids
- Full Sling Hoist



Car Transfers

- Car Transfers
- Bus Transfers
- Getting Equipment in / out of a car



Transfers from the floor

- Getting up off the floor (through kneeling)
- Getting up off the floor (with a hoist)



Behaviours of Concern



Personal Care

- Dressing & Undressing
- Showering
- Toileting
- Grooming



Domestic Assistance

- Vacuuming
- Mopping
- Making a bed
- Laundry
- Cleaning
- General Lift & Carry techniques



Commercial Laundry

- Loading & Unloading machines
- Pushing a Trolley
- Folding
- General Lift & Carry techniques



Kitchen & Dining

- Bain Marie's
- Delivering and Collecting Plates
- Commercial Dishwashers
- General Lift and Carry Techniques
- Storage in Pantries and Cupboards
- Pushing a Trolley
- Using Brooms



Home Office Ergonomics

Manual Handling Aged Care Training Package

**Karen Scott, Margaret Webb, Clare
Kostelnick**



Manual Handling Aged Care Training Package:

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