



Mulberry House

MOVING AND HANDLING THEORY



Product Syllabus:

- Ouch, back pain!
- How injury affects different people
- The cumulative nature of back pain
- Work as trained
- Prevention is better than cure
- How your back works
- Basic anatomy
- Spine, discs, ligaments, muscles etc.
- Ergonomics (getting technical!)
- Movements
- Bearing the bulk of a person's weight
- Safe handling principles
- Correct handling position
- Infection control
- Promoting independence



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