

COVID 19 – Training solutions

In light of the recent Covid-19 virus pandemic, Personal Care Consultants have had a number of training commissioners ask for alternative ways of delivering such training, avoiding or limiting face-to-face contact and therefore reducing the risk of spreading the virus.

We understand that in some areas of the health and social care and special needs education sectors, there is now an urgent need for you to get staff and volunteers trained up quickly.

We offer a number of training courses that can be delivered via zoom.

The delivery of mandatory manual handling training in a care or special educational needs setting is generally considered a ‘practical skills’ course. At least two-thirds of the course content are practical skills being demonstrated, then practised and finally assessed and documented by our trainers.

Our manual handling passport A-F is a competency based training course, and due to social distancing guidance, it is not possible to observe and sign off as we would ordinarily do, so in order to meet your training requirements in these challenging times, we have adapted our training courses and can offer the following options:

Option 1: Moving and Handling Awareness Course without competency assessment

Minimum 4, maximum 8

This is suitable for new starters or those who require the Manual Handling Passport A- F

This is a 2 day course comprising of 4 x 2.5hr zoom sessions

Our trainer will present all sessions which will include PowerPoint sharing, a series of videos and the use of real life scenarios. Interaction and participation will be encouraged throughout the sessions.

Day 1	Day 2
<p>9.30 – 12.30</p> <p>Session 1</p> <ul style="list-style-type: none"> • Brief introduction to Zoom <p>Modules A&B</p> <ul style="list-style-type: none"> • Introduction to Manual Handling • Musculo Skeletal Injuries • Anatomy and Physiology • Principles of Good Posture 	<p>9.30 – 12.30</p> <p>Session 1</p> <p>Video presentations</p> <ul style="list-style-type: none"> • Module C: Sitting, Standing and Walking Module D: Bed Mobility
<p>1.30 – 4.00</p> <p>Session 2</p> <ul style="list-style-type: none"> • Legislation • Risk Assessment 	<p>1.30 – 4.00</p> <p>Session 2</p> <ul style="list-style-type: none"> • Module E: Lateral Transfer • Module F: Hoisting

Practical Competencies will be assessed at a later date – this will be an additional 1 day course

Option 2: Moving and Handling Passport A-F

(additional sessions for competency may be required)

Maximum number for practical assessment 4 (subject to risk assessment)

This comprises 2 x 2.5hr zoom sessions + 1 classroom day

Day 1 (up to 8 participants)	Day 2 (up to 4 participants)
<p>9.30 – 12.00</p> <p>Session 1</p> <ul style="list-style-type: none"> • Brief introduction to Zoom <p>Modules A&B</p> <ul style="list-style-type: none"> • Introduction to Manual Handling • Musculo Skeletal Injuries • Anatomy and Physiology • Principles of Good Posture 	<p>9.30 – 12.30</p> <p>Session 1</p> <p>Practical Demonstrations</p> <ul style="list-style-type: none"> • Module C: Sitting, Standing and Walking • Module D: Bed Mobility • Module E: Lateral Transfer
<p>1.30 – 4.00</p> <p>Session 2</p> <p>Modules A&B continued</p> <ul style="list-style-type: none"> • Legislation • Risk Assessment 	<p>1.00 – 4.30</p> <p>Session 2</p> <ul style="list-style-type: none"> • Module F: Hoisting <p>Completion of Workbook and Competency Assessments</p>

Competency Assessment

- Competency assessment will be delivered to a smaller number of participants. Depending on the venue, we would suggest a maximum of 4 participants and 1 trainer, reducing the numbers to as low as is reasonably practicable in accordance with current social distancing regulations and our COVID 19 risk assessment. Full PPE is to be provided by the commissioner and must be worn at all times.
- A mannequin can be available for practical work in order to maintain social distancing (subject to prior arrangement)
- All participants must complete a health questionnaire and be willing to have their temperature taken prior to commencing the session
- We offer telephone/video support for any candidates who have specific queries around the moving and handling of an individual/use of equipment

****All participants must commit to being present throughout the zoom sessions – we know that some people are still unsure about appearing on a screen but if they are not visible, we will not provide certificates. In order to ensure participation we will limit our groups to 8 per session.**

Manual Handling Refresher Course – via Zoom

This comprises 2 x 2.5hr zoom sessions

Day 1
9.30 – 12.30 Brief Introduction to Zoom Recap Modules A & B
1.00 - 4.30 Workshop - Recap Modules C-F Using a series of videos and real life scenarios

Manual Handling A&B – Theory and Legislation via Zoom

This comprises 1 x 3 hr zoom sessions

Day 1
9.30am to 1pm Module A - Introduction to Manual Handling Injuries Avoiding Musculo-skeletal Injuries Legislation Safer Handling within the Organisation Ergonomics and Risk Assessment Principles of Safer Handling Team Handling Communication Module B – Inanimate Load Handling & Practical Application of Ergonomics

****All participants must commit to being present throughout the zoom sessions – we know that some people are still unsure about appearing on a screen but if they are not visible, we will not provide certificates.**

Additional Courses

- **Infection Control – 2.5hrs**
- **Epilepsy and Rescue Medication – 2.5hrs**
- **Reablement – 1 day/2 day**