

Training for Carers

Moving people safely

Monday 26th March 2012

To make the training available to as many carers as possible, we are repeating it throughout the day

10am – 12noon or **1 – 3pm** or **6.30 – 8.30pm**

This 2 hour training session is for carers who want to learn safe techniques. It covers:

- Managing or avoiding risks
- Supporting or helping someone:
 - ✓ in or out of a chair
 - ✓ in and out of and around in a wheelchair
 - ✓ to walk
 - ✓ in or out of bed or turning them
- Equipment – see what is available and try it out
- Shoulder Joint /Drag Lift
- What to do if someone has fallen or is falling
- Dealing with emergencies

Looking after your back

Thursday 29th March 2012

To make the training available to as many carers as possible, we are repeating it throughout the day

10am – 12noon or **1 – 3pm** or **6.30 – 8.30pm**

This 2 hour training session is for carers who want to take care of their back, learn about the things they should and should not do and what they can do to prevent problems. The session covers:

- Back pain
- Back care generally and in the home (chores)
- Computer at home
- Think before you lift
- Safety in the home
- Exercise techniques
- Inanimate Loads

All sessions will be held at Tolworth Hospital, Red Lion Road, Tolworth

BOOKINGS NECESSARY

For more information or to book a place, contact Kirstie on 020 8547 6124 or email kirstie.cochrane@rbk.kingston.gov.uk