



Courses for Care Homes

Courses that have been devised and created by Northern Ireland experts – make your training specific to the context and requirements of Northern Ireland.

We set the Standard for Training Excellence

We realise that costs have to be kept under control, and as the mandatory training requirements become more stringent, we have devised solutions to help you. (see the attached sheets for more details)



- **Train the Trainer Courses**

“Highly practical and very enjoyable, although I was exhausted at the end of it. Helped me take my training to a whole new level.”



Why not contact us now for your free consultation and quotation.

Train the Trainer Courses

Courses Available:

- **Training in a Care Home - Training (1 day) (Module 1)**
- **Training in a Care Home – Moving and Handling and Emergency First Aid (1 day) (Module 2)**
- **Training in a Care Home - Safeguarding Vulnerable Adults and Dementia Awareness, (1 day) (Module 3)**
- **Moving and Handling Instructor Course (2 day plus online component)**
- **Moving and Handling Instructor UPDATES Course (1 day)**

Do your trainers need to update or sharpen their skills? Our Tutors are postgraduate qualified Nurse Tutors with extensive experience not only in Nursing, but also in the art of engaging students in learning. Every one of our tutors carries a passion to increase the quality of care in Northern Ireland.



Training in a Care Home – Training (Module 1)

Course Title: Training in a Care Home – Training (Module 1)

Venue: Safe2Care Training, 73 Great Victoria Street, Belfast, BT2 7AF



Duration: The course lasts 1 day



Cost: £85 per candidate. (Note: Teas will be provided, but no meals are included)



Who is this for? This course is designed for managers who work in the Healthcare Industry, who want training in the best methods and techniques in training staff.

Candidates need to meet the following requirements:

- Be a Registered Nurse
- be physically capable of demonstrating good practice in Moving and Handling



COURSE CONTENT

- Learning styles – visual, auditory, kinaesthetic
- Barriers to learning and breaking down barriers (environmental, set-up and preparation, language, psychological, establishing ground rules, building rapport, ice breakers, motivation to learn)
- Methods of teaching – PRESENTER
- Using training aids; visuals, powerpoint, interactive activities, energisers, group work, feedback, roleplay, discussion, quizzes.
- Using Moving and Handling training aids
- Writing a lesson plan: SMART objectives, creating a moving and handling lesson
- Assessing students – cumulative and summative assessment
- Evaluation of session – feedback from students
- Self-evaluation and reflection.



Due to the practical nature of the course, the optimum number in a class is 8 with a maximum of 10 in the class.

Certification: Successful candidates receive a certificate valid for 2 years, and a plastic credit card size certificate.



Quality Control: All courses have a reflective assessment to allow us to continually improve our courses, and to receive feedback from candidates.



Training in a Care Home – MH and EFA (Module 2)

Course Title: Training in a Care Home – Moving and Handling and Emergency First Aid (Module 2)

Venue: Safe2Care Training, 73 Great Victoria Street, Belfast, BT2 7AF



Duration: The course lasts 1 day



Cost: £85 per candidate. (Note: Teas will be provided, but no meals are included)



Who is this for? This course is designed for managers who work in the Healthcare Industry, who want training in the best methods and techniques in training staff.

Candidates need to meet the following requirements:

- Be a Registered Nurse
- be physically capable of demonstrating good practice in Moving and Handling



COURSE CONTENT

- Learning styles – visual, auditory, kinaesthetic
- Evaluation of session – feedback from students
- Self-evaluation and reflection.



Due to the practical nature of the course, the optimum number in a class is 8 with a maximum of 10 in the class.



Certification: Successful candidates receive a certificate valid for 2 years, and a plastic credit card size certificate.



Quality Control: All courses have a reflective assessment to allow us to continually improve our courses, and to receive feedback from candidates.



Training in a Care Home - Safeguarding Vulnerable Adults and Dementia Awareness (Module 3)

Course Title: Training in a Care Home – Safeguarding Vulnerable Adults and Dementia Awareness (Module 3)

Venue: Safe2Care Training, 73 Great Victoria Street, Belfast, BT2 7AF



Duration: The course lasts 1 day



Cost: £85 per candidate. (Note: Teas will be provided, but no meals are included)



Who is this for? This course is designed for managers who work in the Healthcare Industry, who want training in the best methods and techniques in this subject.

Candidates need to meet the following requirements:

- Be working in a management and/or training position
- Have a good understanding of the requirements of the RQIA



COURSE CONTENT

- Assessing students – cumulative and summative assessment
- Evaluation of session – feedback from students
- Self-evaluation and reflection.



Due to the practical nature of the course, the optimum number in a class is 8 with a maximum of 10 in the class.



Certification: Successful candidates receive a certificate valid for 2 years, and a plastic credit card size certificate.



Quality Control: All courses have a reflective assessment to allow us to continually improve our courses, and to receive feedback from candidates.



Train the Trainer Courses

Course Title: Moving and Handling Instructor Course

Venue: Safe2Care Training, 73 Great Victoria Street, Belfast, BT2 7AF

Duration: 3 days

Cost: £275 per candidate. (Note: Teas will be provided, but no meals are included)

Who is this for? This course is designed for learners who want to train others within their own organisation, in Moving and Handling People.

Candidates need to meet the following requirements:

- Be a Registered Nurse
- have attended a course in Moving and Handling previously
- have experience of working in a healthcare/social care setting
- be physically capable of demonstrating good practice in Moving and Handling

What will you get?

- Moving and Handling People Instructor Certificate valid for 3 years
- HABC Level 3 Award in Delivering Training

Key Facts:

- Guided learning hours (GLH): 20 hours
- Assessment Method: Portfolio of evidence, Practical Assessments

Day 1: Moving and Handling Update

Day 2: Introduction to Level 3 Training

Day 3: Portfolio, Micro teaching, Online Portal.



Course Content Summary

DAY ONE – UPDATING MOVING AND HANDLING

- Duty of Employers – Health and Safety at Work (NI) Order 1978
- Injuries that may occur in manual handling
- Spinal anatomy: including vertebrae, discs, nerves, curves, muscles.
- Postural Assessments
- Exercise – flexibility and strength training
- Risk Assessment: carrying out a risk assessment using ELITE
- Biomechanics, Friction, levers, centre of gravity
- Ergonomics
- Working with Equipment: LOLER AND PUWER
- Reporting Injury: RIDDOR
- Practical techniques:
 - Assisting patient to stand with one person
 - Assisting patient to stand with two
 - Transfer from chair to chair
 - Using a sliding sheet to move patient up the bed.
 - Using a sliding sheet to turn patient in bed.
 - Using a hoist on transfer.
 - Transfer using banana board
 - Use of handling belts

DAY TWO – TEACHING A MOVING AND HANDLING COURSE

- Learning styles – visual, auditory, kinaesthetic
- Barriers to learning and breaking down barriers (environmental, set-up and preparation, language, psychological, establishing ground rules, building rapport, ice breakers, motivation to learn)
- Methods of teaching – PRESENTER
- Using training aids; visuals, powerpoint, interactive activities, energisers, group work, feedback, roleplay, discussion, quizzes.
- Using Moving and Handling training aids
- Writing a lesson plan: SMART objectives, creating a moving and handling lesson
- Assessing students – cumulative and summative assessment
- Evaluation of session – feedback from students
- Self-evaluation and reflection.

DAY THREE – MICRO-TEACHING, PORTFOLIO AND ONLINE PORTAL

- 30 minute micro-teaching session per candidate, inclusive of lesson plan and demonstrative of use of visual aids and varied methods of teaching.
- Peer feedback and self-evaluation
- Tutor feedback and evaluation



Train the Trainer Courses

Course Title: Moving and Handling Instructor UPDATES Course

Venue: Safe2Care Training, 73 Great Victoria Street, Belfast, BT2 7AF



Cost: £95 per candidate. (Note: Teas will be provided, but no meals are included)

Who is this for? This course is designed as an update for moving and handling instructors, who work in the Healthcare Industry

Candidates need to meet the following requirements:

- Be a Registered Nurse
- have attended a Moving and Handling Instructor course previously
- have experience of working in a healthcare/social care setting
- be physically capable of demonstrating good practice in Moving and Handling



What will you get?

- Moving and Handling People Instructor Certificate valid for 1 year

Key Facts:

- Guided learning hours (GLH): 10 hours
- Assessment Method: Portfolio of evidence, Practical Assessments

MORNING – UPDATING MOVING AND HANDLING

AFTERNOON – TEACHING A MOVING AND HANDLING COURSE

FOLLOW UP – MICRO-TEACHING, PORTFOLIO AND ONLINE PORTAL

Candidates can choose to upgrade their teaching qualifications through an online portion of this course.

- Submit a 15 minute micro-teaching session
- Submit a lesson plan and demonstrate use of visual aids and varied methods of teaching.
- Tutor feedback and evaluation



Course Content Summary

DAY ONE MORNING – UPDATING MOVING AND HANDLING

- Definition of manual handling
- Duty of Employers – Health and Safety at Work (NI) Order 1978
- HSE latest statistics.
- Injury that may occur in manual handling
- Spinal anatomy: including vertebrae, discs, nerves, curves, muscles.
- Postural Assessments
- Exercise – flexibility and strength training
- Risk Assessment: carrying out a risk assessment using ELITE
- Plan, Preparing and Performing tasks.
- Pulling and Pushing
- Biomechanics, Friction, levers, centre of gravity
- Ergonomics
- Working with Equipment: LOLER AND PUWER
- Reporting Injury: RIDDOR
- Practical techniques:
 - Assisting patient to stand with one person
 - Assisting patient to stand with two
 - Transfer from chair to chair
 - Using a sliding sheet to move patient up the bed.
 - Using a sliding sheet to turn patient in bed.
 - Using a hoist on transfer.

DAY ONE AFTERNOON – TEACHING A MOVING AND HANDLING COURSE

- Learning styles – visual, auditory, kinaesthetic
- Barriers to learning and breaking down barriers (environmental, set-up and preparation, language, psychological, establishing ground rules, building rapport, ice breakers, motivation to learn)
- Methods of teaching – PRESENTER
- Using training aids; visuals, powerpoint, interactive activities, energisers, group work, feedback, roleplay, discussion, quizzes.
- Using Moving and Handling training aids
- Writing a lesson plan: SMART objectives, creating a moving and handling lesson
- Assessing students – cumulative and summative assessment
- Evaluation of session – feedback from students
- Self-evaluation and reflection.