**Foundations of Safe Practice**

**Moving and Handling Workshops**

**Important Information – Please Read Carefully**

These sessions are short intensive practical workshops to give you the basics from which to continue practicing and developing your moving and handling skills.

Please check carefully which **group and room** you are in and on which date. For safety reasons, we cannot allow more than the number of students in each list to attend each practical, therefore please do not change groups. There will be a sign-in list for each session, so you can check if you are in the correct group.

**Rules for practical sessions**

As moving and handling is a physical hands-on activity, there are risks involved for both the handler and the model in the practical sessions. We want you to enjoy the learning in these sessions, but our primary aim is to keep you safe and avoid injury.

It is important that you treat these sessions seriously and listen to the lecturers carefully. Anybody who is obviously not engaging or disrupting others will be asked to leave.

**If you have been ill or have an existing injury:** at the time of the practical session, you must inform the tutor. It will be your responsibility to decide whether you can physically take part in the practical work after discussion with and advice from the tutor. If you are unable to take part in the physical aspects of the session you will still be expected to stay to learn through observation.

The decision making around fitness to participate, also forms part of your professional development, as there will be occasions in clinical work where you either do not have the requisite skills or fitness to carry out interventions. In these situations you should be able to recognise your own limitations and act appropriately and safely.

**Clothing:** When attending the practical moving and handling sessions, you will be expected to wear:

1. Tracksuit bottoms (which are NOT hipsters and which DO NOT drag on the ground). The following are NOT suitable:

Jeans of any description

Baggy trousers or tight fitting trousers

2. A suitable top, such as a polo shirt or tidy t-shirt. The following are NOT suitable

Short cropped tops

Baggy jumpers, sweatshirts or cardigans

Hoodies

3. Footwear must be flat and closed in at heels and toes and provide good support for the feet, such as clean trainers. Shoes must not be dirty (i.e. covered in mud). It isn’t fair on the cleaners and it also reflects unprofessional behaviour. The following are NOT suitable:

Sandals of any description,

Clog type shoes

Ballet pump type shoes (these do not provide enough support or protection for the feet.

Boots of any description

**NO JEWELLERY** including watches, body/facial piercings/earings, other body piercings, leather, plastic or any other material attached to your neck, wrists, fingers etc. Please don’t arrange to have anything pierced in the next few weeks! If you are unable to remove something, it MUST be covered with micropore or tape of some description and this is your responsibility to provide

Nails **MUST** be short and hair longer than shoulder length **MUST** be tied back. This includes ensuring that it does not fall over your eyes.

I am aware that this seems rather regimental and prescriptive and I will explain the rational further during your moving and handling sessions, but this is for your own and your future clients’ safety. It is also best practice and this is what we constantly strive for at our University.

I look forward to seeing you all at your first moving and handling session.