

## Back Yourself practical workshop

Is this course suitable for you or your organisation?

This course is available:

- for Cerebral Palsy Alliance employees only

Why choose this course?

This is a compulsory induction activity for all disability support practitioners and managers. It is part of a blended training program with prerequisite online learning.

What content does the program cover?

This practical workshop includes a theory component as well as a hands-on application component of manual handling skills relevant to the staff member's role. The course content enables you to:

**Theory component:**

1. Define Manual Handling and identify hazardous manual handling tasks.
2. Understand barriers and challenges associated with manual handling in the workplace, and solutions to these challenges.
3. Understand how to support clients safely to reduce the risk of manual handling injuries to clients and staff.
4. Understand how to identify changes in a client's transfer and personal care routine.
5. Be familiar with equipment commonly used in the workplace.
6. Identify early warning signs that have the potential to cause injury.

**Practical Component:**

1. Safely perform common transfers for people with complex movement disorders.
2. Demonstrate and practise how to use a mobile hoist and sling.
3. Demonstrate principles of safety around standing transfers.
4. Explain decision making processes when assisting a person from the floor.

This training has physical demands for completion. Please discuss any pre-existing injuries with your manager and facilitator before completing this course.

Participants should wear comfortable clothing (pants recommended) and must wear closed-toe shoes.

Does the program have any prerequisites?

This program supports the learning from the prerequisite online course **Back Yourself: Unpacking Manual Tasks** and **Moving People Safely Video**.

Cerebral Palsy Alliance employees working with clients must complete the online course and video followed by this practical component to complete their training.

Online learning **must be completed at least 1 business day prior to attending this course**. Learning can be accessed via the Online Learning System.

Employees must also have read the CPA Manual Task Safety Policy available on the HUB in the policy library.

**Course completion requires:**

Completion of the online learning module, pre reading of relevant CPA policies and participation in all practical activities demonstrated during the workshop including: manual handling and falls recovery.

How long is the course?

**Duration:** 3 hours

**Time:** Please see scheduled times below or enquire



**Training Alliance**  
Leaders in Disability Training

**Where can I get more information?**

Contact: Training Alliance team

Email: [training@cerebralpalsy.org.au](mailto:training@cerebralpalsy.org.au)

Phone: +61 2 9975 8715

Cancellation conditions apply

Please enquire regarding available dates.