

ALL COURSES

Please read the following statement most carefully. When you are sure that you have understood our instructions please sign and date this sheet.

- A.** During this course you will be learning new movement skills/clinical interventions. These may be complex and will require practice before you are fully competent. There will be some time for practise during the course but a greater aspect of consolidation will occur post the course.
- 1. We request that you take responsibility for your own safety during the course, just as you would were you at work. If you have come to the course having recently injured your back or if your back is vulnerable in any way inform your instructor immediately. Do not attempt any manual handling until you have reported to the instructor.

Please record briefly any health problems which may affect your ability to participate in practical sessions.

- 2. At any time during the course you feel that we are asking you to perform a task that is more than you can manage **decline to attempt it.**
- 3. Do not carry out any task if you are in any doubt as to your physical ability to do so. Seek clarification from the instructor.
- 4. As you practise, work with regard to the safety of your partners. Ensure that you work as a team.
- 5. Take turns with your colleagues so that you do not undertake too many manual handling tasks in a short space of time.
- 6. NEVER move until you are ready.

- B.** In addition, whilst it is never intended that you should be asked to undertake tasks beyond your physical capability, the fact that you have been asked to do so should never be a reason for deciding, at any subsequent time, that you can safely undertake the same or a similar task. What you undertake on any subsequent occasion is entirely a matter for your own judgement.

I have read and understood the instructions above.

Signed.....

Date.....

Print Name.....

Venue and Course Title

ALL COURSES

Manual Handling

I am going to give you each a form concerning manual handling. You need to read it carefully and sign and date it.

Read out A and 1

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Course Leader.....

Date.....

Print Name.....

Course Tutor.....

Date.....

Print Name.....

Course Venue.....