



*This workshop is for
anyone caring
for a family member
or friend*

People Moving Workshop for Family Carers

The NAS Training Centre has developed a workshop for those caring for family or friends. The workshop provides vital information about looking after your back and participants will learn how to move the people they are caring for with less effort and improve comfort for those being cared for.

Workshop content:

- Looking after your back
- Safe moving techniques
- Equipment demonstrations and practice
- Hoist workshop



Unit 3, Cleaboy Business Park, Old Kilmeaden
Road, Waterford
www.nas.ie, 051-333960

Lo-Call 1890 627 627



Training Centre

People Moving Workshop for Family Carers

Workshop duration — 4 hours
(Mornings, Evenings or Saturdays)



Techniques covered—

- Chair to Chair Transfers
- Care of a person in bed — log rolls, sitting and re-positioning
- Standing a person
- Use of equipment
- Hoist demonstration and practice

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