



## **MIP: Safe Resident Handling**

This 4-hour **in-person** workshop focuses on how to safely lift and physically manipulate PEOPLE. The highest risk activities that a healthcare worker can do involves moving patients and residents. Lifting and moving with proper body mechanics has a huge impact on injury reduction. Examine the theory behind musculoskeletal injuries then practice the most common lifts with coaching by an instructor. By the end of the course, you will have a good sense of the why and the how of safe lifting. Take what you learned and use it in your daily life.

