



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

Course:	Family Caregiving: Positioning and Helping Your Loved One Move
Course Code:	31603
Purpose	To prepare individuals who are family caregivers to safely position and help their loved one move.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">▪ Understand and apply the principles of good body mechanics;▪ Understand the importance of repositioning a loved one who spends a lot of time in bed;▪ Recognize how to prevent pressure ulcers;▪ Understand how to safely help their loved one move.
Length	Approximately 1 hour
Leader	Currently affiliated Family Caregiving Leader
Certification Requirements	None
Certificates Issued and Validity Periods	<ul style="list-style-type: none">▪ Has attended.▪ None.
Participant Materials	<i>American Red Cross Family Caregiving: Positioning and Helping Your Loved One Move</i> Participant's Booklet (StayWell Stock No. 653987)
