

8:30 – 8:45: Introduction and Welcome

- Attendance sheet, “Before the session” portion of evaluation, Fit-for-Training declaration
- What is your goal for the day?
- What do you see as a challenge/concern as a TLR Trainer?
- Learning Objectives for the day – consistent approach, share ideas on facilitating, answer any questions

8:45 – 10:15: Review and teach-back

- Introduction, Accountability/Legislation, Steps to a Moving Task
- Good posture & Safe body mechanics
- Risk Assessments: self, environment, equipment, object and *In the Moment*
- General moving techniques review and teach back

10:15 – 10:30: Stretch Break

10:30 – 11:30: Review and teach back

- Continue with General moving techniques
- Client risk assessment

11:30 – 12:00: Review

- SASWH website, semi-secure area, TLR videos, online, split class
- Case studies
- Quick reference card
- Specialized and Bariatric Enhancement

12:00 – 12:30: Lunch

12:30 – 2:30: Client Moving Technique review and teach back

- Sitting to Lying/Lying to Sitting
- Standing transfers
- Repositioning
- Mechanical Lifts

2:30 – 2:45: Stretch break

2:45 – 4:15: Continue Client Moving Technique review and teach back

4:15 – 4:30: Evaluation and conclusion

- Review trainers’ goals and concerns
- Complete “After the session” portion of evaluation, and Fit-for-Training declaration
- Sign each TLR trainers record
- Thank them for a great day