

Please note: for this course you will need to wear or bring non high-heeled footwear and clothes that you will be happy to kneel or lie in and that maintain modesty and dignity.



***Health Questionnaire to be filled in before Train the Trainer
Moving & Handling Course and brought on day 1***

Please note it is essential your trainer is aware if you have any health issues that could prevent you carrying out any of the exercises in this course safely.

The information will, of course, be treated in strictest confidence.

Are you suffering from any of the following? If yes please add some further information to clarify any restrictions this places on you:

- Musculoskeletal pain
- I have an injury or have undergone surgery which still restricts my activity
- I have a medical condition that may restrict my taking part in physical activity
- I am pregnant / have given birth in the last six months / am breast feeding

To my knowledge I am fully fit to take part in this course, if at anytime I feel unwell or in pain I will inform the trainer immediately:

Name of participant

Signature of participant

Date