

# Postural Care and Safe Positioning for NDIS Support Workers

## NDIS Support Workers

Welcome to 'Postural Care and Safe Positioning for NDIS Support Workers'. Providing safe, respectful, and effective postural care is a fundamental skill for any disability support worker. This engaging, narrative-driven course follows Amina on their first shift, learning how to support Joel, a participant with a complex physical disability.

Through Amina's journey, you will discover that postural care is not just about moving someone from A to B, it is a whole-day and whole-night approach that supports a person's body shape, comfort, breathing, and overall well being. You will learn how to read and follow a postural care plan, communicate effectively to ensure consent and comfort, and recognise the signs of poor positioning, such as pressure injuries and changes in breathing. The course covers essential practical skills, including equipment safety checks for hoists and slings, the two-worker manual handling rule, and how to perform daily skin checks whilst maintaining privacy and dignity.

Finally, you will learn how to document your observations accurately and hand over critical information to your team. Whether you are new to the NDIS sector or looking to refresh your skills, this program provides practical, person-centred training to help you deliver high-quality support.

Join Amina's journey and build your confidence in safe positioning, manual handling, and proactive care today.

Gender and Sexual Diversity Disclaimer: This course uses gender-based language and we respect people's gender and sexual identity with pronoun choice, job titles and personal titles.

| Type: | Duration: | Delivery: | Cost: |
|---|---|---|---|
| MOOC *(Massive Open Online Course)* | 12 Hour | Structured Self-Directed Online Learning | $65 |

## What You Will Learn

**By the end of this program, you will be able to:**

- Recognise the importance of 24-hour postural care for comfort, breathing, and digestion.
- Read, interpret, and follow a participant's prescribed postural care plan accurately.
- Identify verbal and non-verbal signs of discomfort and communicate respectfully to ensure consent.
- Perform essential safety checks on manual handling equipment, including hoists, slings, and wheelchairs.
- Apply safe manual handling principles, including the two-worker rule and gentle repositioning techniques.
- Conduct daily skin checks to identify and report early warning signs of pressure injuries.
- Document factual shift notes and escalate concerns regarding pain, breathing, or equipment failure.

***Disclaimer: Our soft skills self-paced courses are designed with a human-in-the-loop with the assistance of generative AI.***

## Who is this Course For?

This course is for support workers in the disability sector who provide care to those living with a complex disability plan. This course is designed to enhance your skills, and provide clear guidance on the do's and don'ts for support workers.

## Certificate of Participation

When you successfully complete this course you will receive a digital 'Certificate of Participation' from the Nationally recognised Registered Training Organisation (RTO:45552) Assist Ability Academy stating the following module has been achieved:

- **NDIS0029 Postural Care and Safe Positioning for NDIS Support Workers**

Speak with us today


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