

Manual Handling Instructor & Assessor



Trained and knowledgeable manual handling instructors/assessors are an essential element in any organisation's strategy to reduce handling injuries at work and this course gives practical guidance on the implementation of the **Manual Handling (Operations) Regulations**, straightforward information on workplace/task assessment and design, and coaching in training techniques relevant to this important area.

The training encompasses lifting and handling within a framework of safe or safer movement patterns and focuses upon a technique known as base movement.

Who should Attend: The course is suitable for those people who are identified as in-house trainers or have a general interest in gaining the qualification. It is anticipated that these people will be able to directly influence others and therefore one of the basic prerequisites are good communication skills, both verbal and written.

Course Content:

- Strengths and Weaknesses of the Human Frame
- Nature and Cause of Injuries and Basic Ergonomic Principles
- Key Factors in Good Movement
- Mechanical Handling
- Methods of Instruction
- Training Techniques
- Workplace Design
- Risk Assessments

Delegates would be expected to undertake and be successful at a written examination, which tests the delegates underpinning knowledge and also deliver a short training session on a manual-handling topic.

Duration: 3 Days.

Course Materials: Comprehensive course manual issued to each delegate

Intended outcome: Upon completion of the course, participants will be able to design, Implement and evaluate short awareness sessions in manual handling issues and conduct manual handling risk assessments.



