

## Manual Handling Instructors and Assessors Refresher

### Aims

This course is designed to refresh delegates who have attended the three day Manual Handling Instructor / Assessor course within the last 3 years

The course aims to provide a refresher on the effective assessment and control of manual handling risks and instruction in manual handling techniques. Delegates will be re-assessed on their learning and their ability to instruct others in manual handling.

Delegates are encouraged to bring along their own presentations that they use, for feedback and demonstration purposes.

### Objectives

At the end of the course each delegate should be able to:

- Outline the main manual handling injuries and how they occur
- Make assessments of manual handling operations
- Identify effective avoidance and reduction measures
- Outline the legal requirements relating to Manual Handling
- Demonstrate and use a sound base movement

### Programme summary

- Legislation review
- Instruction techniques review
- Review of learning styles and skills
- Anatomy and physiology
- Risk assessment
- Review of practical techniques
- Group question & answer session – address any problems encountered

All delegates will receive a certificate of attendance

Client specific process and procedures can be used throughout this session.

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*Programme may be subject to change without prior notification*