

## Manual Handling Instructors and Assessors

### Aims

This 3 day course will show delegates how effective training and instruction can be used as part of a programme of manual handling risk management. The course does not require prior experience of instruction or training, advice will be given during the programme.

Delegates will be required to deliver an assessed presentation at the end of the course and on successful completion they will be added to our Register of Instructors and Assessors for a period of 3 years. After this period they will be required to attend our 1 day refresher/recertification course to remain on our register.

### Objectives

At the end of the programme delegates should be able to:

- Describe 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
- Instruct others effectively in manual handling assessment and lifting techniques

### Programme content

#### Day 1

- Defining manual handling
- Anatomy & physiology
- Causes of injury
- Legal aspects in relation to manual handling
- General risk assessment
- Manual Handling risk assessment (LITE, MAC etc)

#### Day 2

- Applying principles of control
- Practical session on base movement
- Dual/team lifting
- Presentations (of delegate choice\*)

#### Day 3

- Identifying training needs, training design and delivery
- Evaluation methods
- Presentation skills
- Written assessment
- Practical Presentation assessment

\*Delegates are expected to carry out pre-course work which requires them to prepare a 5 – 10 minute presentation of their choice. Please contact us for more details.

All delegates will receive a certificate of attendance

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

*Programme may be subject to change without prior notification*