

4 day course

Manual Handling Train the Trainer

Course Outline

▶ Course aims

This 4 day training course will provide delegates with the necessary knowledge and skills to be able to develop and deliver an effective manual handling training course to meet the needs of their own organisation. Delegates will also gain confidence in delivering presentations through active participation within the classroom environment.

▶ Course aimed at

The course is suitable for anyone who will be responsible for developing and /or delivering manual handling training within their own organisation.

▶ Learning outcomes

At the end of the course delegates will be able to:

- Describe how the human anatomy and physiology is affected by manual handling operations
- Outline the legal requirements relating to manual handling at work
- Carry out basic manual handling risk assessments
- Apply a risk reduction strategy for manual handling operations using a hierarchical approach
- Demonstrate safe handling techniques in the movement of various loads.
- Describe the principles of training and training needs
- Outline how training courses can be evaluated
- Create training objectives for training courses that will be developed for their own organisation
- Select and design an appropriate training method for an identified training need within their own organisation using a range of delivery methods
- Plan the delivery of a manual handling training session
- Deliver an effective presentation.

