

Manual Handling Instructor Training

Duration:

Two days

Objective

This manual handling instructor training course concentrates on the safe handling of materials and goods and aims to develop the trainer's knowledge of the rationale behind the management of handling risks that may occur in the workplace. It also focuses on the delivery of effective training - identifying specific objectives, how to be well structured and include elements of evaluation. This Instructor training provides delegates with the skills to design, train and assess manual handling operations within your organisation.

Contents

Suitable for many sectors e.g. manufacturing, office, construction, distribution and logistics, the aim of this two day programme is to develop training skills in manual handling. It will enable delegates to deliver induction and mandatory training bespoke to your organisation based on current best practice.

Health & Safety at Work Legislation

Manual Handling Operations Regulations

Manual Handling accidents and injuries

Anatomy of the spine

Physiology of lifting

Proper lifting technique

Conducting Manual Handling Risk Assessment

Risk reduction and problem solving

Recognise different learning styles

Demonstrate different training styles to meet the needs of the group

Customising your course content and materials

Structuring questions to compliment the learning process

Deliver effective training sessions using different training methods

Demonstrate different types of visual aids

Anticipate and deal with difficult problems or trainees

Evaluate the effectiveness of a training session against pre-determined objectives

Who should attend

Managers, supervisors or training officers intending to conduct in-house training. Would also be of interest to manual handling instructors wanting an update on current best practice or new ideas.

Course benefits

An underpinning knowledge of up-to-date manual handling principles and practices as well as practical advice on manual handling training.

Additional information

This course does not apply to patient handling, please email us at enquiries@cosensa.co.uk if this is the training you are considering, or call us on 02890 439 624 or 0141 433 0151.

Certificates

All delegates who successfully complete this course will receive a Certificate of Attendance.

Trainers background

The trainer for this course has extensive experience in design and delivery of health & safety training programmes.

They are qualified by NEBOSH (National Examination Board for Occupational Safety & Health) and Associate member of IOSH (Institute of Occupational Safety & Health) and is a member of the Chartered Management Institute and the International Institute of Risk and Safety Management and the Association for Project Safety.