

## MANUAL HANDLING INSTRUCTORS AND ASSESSORS COURSE

This course is designed for organisations that require their own in-house manual handling instructor. This 5 day course is highly interactive and it satisfies the legal requirement that, where necessary, manual handling must be taught by a qualified person.

### *Who should attend?*

Those wishing to become manual handling instructors and assessors.

### *On completion of this course participants will be able to:*

- Assess the relative safety or danger of manual handling tasks
- Recommend preventive measures which can reduce the risk of injury
- Lift and handle loads safely
- Identify ergonomic risks and recommend control measures
- Instruct others on the theory and techniques of safe manual handling

### *Course Programme*

- Legal aspects of manual handling
- Manual Handling Regulations 2007
- Anatomy
- Instructional skills
- Presentations by participants
- Manual Handling accidents
- Manual handling risk assessment
- Practical and theoretical exam

### *Mechanisms used to Assimilate Knowledge*

The course is highly participative and interactive. Participants practice the techniques of instruction as well as those of safe manual handling. Syndicate exercises, demonstrations and ergonomic assessments also form a major part of the programme.

### *Audio Visual Materials*

- Overheads, Video and Video camera will be used during both the instructional skills and practical aspects of the programme

### *Certification*

Certificates will be awarded to those participants who reach the required level of competence. Participants will either be certificated as Instructors or as both Instructors and Assessors.

All candidates receive a CD containing all the required handout material for their presentations.

*Duration*        5 days