

Manual handling for instructors

Skills in manual handling training

4 or 5 day courses

Overview

Manual Handling occurs as a part of many work activities and with productivity demands also increasing in many sectors, these jobs hold the potential for musculo-skeletal disorders.

By its basis in and combination with risk management principles, this course trains delegates to design and deliver effective handling training within their own organisations. It also enables trainers to understand when training may not be a suitable risk control measure. Importantly, the course centres on principles of safe handling rather than on specific handling techniques allowing trainers to adapt their knowledge and training skills to the widest possible variety of handling situations.

By having competent in-house trainers with local knowledge of the operations undertaken, organisations will be able to provide training that is relevant to local manual handling risks. Since these trainers will also be able to account for wide variances in day to day operational conditions and changing work patterns, organisations can also ensure a continual capability to modify handling training to meet evolving needs.

The presenters are all experienced Ergonomists who have practical experience of implementing the Manual Handling Operations Regulations within a wide range of companies - both as trainers and in consultancy projects.

The course is part of the Professional Development Programme offered by the Institution for Occupational Safety & Health (IOSH), the lead professional body for safety in Europe. We offer an optional 5th day on the course for assessment of the delegates' training packages and their ability to run realistic practicals in their own working environments. We feel that assessment is beneficial to ensure competence of delegates and we offer day 5 at no additional cost.

Aims

To provide delegates with:

- a practical understanding of the risk assessment process
- a practical understanding of where training fits into the risk management programme
- the ability to develop and deliver training appropriate to the organisation's risks and needs

Learning Objectives

After the courses delegates will be able to:

- Demonstrate a knowledge of relevant anatomy, the mechanics of movement and the causes of injury
- Apply the principles of safe handling to a given operations
- Deliver appropriate risk based training within their own organisations



Prerequisites

The IOSH 2-day Manual Handling Risk Assessment course must be successfully completed as part of this training package. Delegates must be allowed time away from normal duties to prepare their training package following day 4 of the course prior to their day 5 assessment.

Who should attend?

Manual handling training is a line management responsibility. Manual handling trainers may be line managers themselves or may be those appointed to carry out the training on line manager's behalf. Delegates must be familiar with the handling problems faced by those to be trained and be either experienced trainers or able to speak to groups of staff. The training of in-depth presentation skills are not part of the course.

Outline Programme – to be tailored to specific local requirements/key concerns

Section 1 Getting to grips with manual handling

DAY 1 & 2

- 2 day IOSH Manual Handling Risk Assessment course

Section 2 – 2 day Skills in manual handling training (1-2 weeks later)

DAY 3

- Manual handling training within risk management
- Manual handling training-methods and planning

- The principles of safe handling - 1
- Applying the theory - practical sessions

DAY 4

- The principles of safe handling - 2
- Practical sessions

Section 3 – Assessment of training (2 weeks later)

DAY 5 (optional)

- Formal assessment of training package and delivery of theoretical and practical sessions

Contact Details: For further information about Training and our support Consultancy Services in Ergonomics, Safety & Business Risk Management, contact Nigel Heaton. Tel: 01509 211866 or email enquiries@humanapps.co.uk or visit our website at www.humanapps.co.uk

