

*Human*

APPLICATIONS

# SMART Handling

## Training for Trainers

### Description

This course equips your trainers to deliver engaging and pragmatic manual handling training sessions within your organisation using the SMART Handling principles. The SMART Handling principles are based on natural movement and encourage handlers to find their own safe way of handling. This makes it easier for handlers to adopt and for you to embed SMART Handling within your organisation's health and safety and training system.

We provide delegates with the materials and skills to explain the SMART Handling principles in theory and in practice. We work with them to develop practical training materials to show how SMART Handling works as part of their learners' jobs.

Following the course, you will be allowed to use the SMART Handling principles for continued internal promotion of safe handling.

### Aims

Delegates will be able to deliver a suitable end-user SMART Handling session for handlers in their domain.

### Objectives

Delegates will:

- Understand the SMART Handling principles
- Explain and demonstrate the SMART Handling principles in relation to Directions of Movement, using relevant workplace examples
- Tailor and run safe practicals that embed SMART Handling principles relevant to the job
- Spot and encourage good handling, and know when to intervene to stop poor practice

**Duration** 2 or 3 Days

### Modules

- Case for SMART Handling
- Theoretical training
- Science behind SMART Handling
- Developing task directories and task cards
- Practical sessions
- Observing and correcting handling



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APPROVED TRAINING

