

2 DAY FIRE & RESCUE SERVICE MANUAL HANDLING INSTRUCTOR COURSE



 **ACCREDITED
ACTIVITY**
21 Credit Hours
#1014212
Verify @ <https://thecpdregister.com>



Learning Outcomes

- Attendees will have a knowledge of the relevant laws relating to Manual Handling including the Health and Safety at Work Act, the Manual Handling Operations Regulations, the Provision and Use of Work Equipment Regulations and the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
- Attendees will understand the economic and social impacts of Musculoskeletal Disorders (MSDs)
- Attendees will obtain a knowledge and understanding of simple anatomy and biomechanics of the spine, and the musculoskeletal system
- Attendees will have a comprehensive understanding of unsafe lifting, carrying, lowering, pushing, pulling and team handling practices
- Attendees will have the knowledge and understanding of safer Manual Handling principles and be able to demonstrate practical competency in safer Manual Handling techniques/ practices including lifting and lowering (squat and lunge technique), carrying, pushing, pulling and team handling (including team pushing and pulling)
- Attendees will have competency in effective teaching of safer Manual Handling techniques and practice in any working environment, constructing and delivering effective in house induction and refresher training courses



Course Outline

Day 1

9.15 - 9.30

- Trainer & Attendee Introduction
- Course Outline

9.30 - 12.00

- Relevant Law in Manual Handling
- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine - Muscles/ Ligaments/ Joints/ Discs
- Basic Function of the Spine - Kinematics Explained
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders
- Video Footage of unsafe lifting, carrying & lowering

12.00 - 12.30

- Child's Play Video - a critique
- Basic Hip & Knee Biomechanics
- Upper Leg Muscle Function
- Video Training - Squat Lifting & Lowering Technique

12.30 - 1.15

- Lunch

1.15 - 4.30

- Practical Demonstrations & Group Practical
 - Postural Awareness & Squat Warm Up
 - Semi Squat Lifting & Lowering *
 - Full Squat Lifting & Lowering *
 - Lunge Lifting & Lowering *
 - Carrying Loads *
 - Team Lifting, Carrying & Lowering **
- * Cutting Equipment, Fire Extinguishers, Personal Portable Monitors, Hoses, Fluid Drums, Oxygen Cylinders etc.
- ** 2 Person with Light Portable Pumps, Winches, Casualties etc.
4 Person with Vanguard Pumps, Ladders, Cars etc.



Day 2

9.15 - 9.45

- Video Footage of unsafe pushing & pulling
- Video Training - BackSafe pushing & pulling technique

9.45 - 12.00

- Practical Demonstrations & Group Practical
- Pushing* & Pulling**
- Team Pushing***
- Team Pulling****

* Cars, Commercial Bins

** Pallet trucks

*** Team Pushing Cars, 4 Person Pushing of Ladders onto Fire Engine

**** Team Handling of Hoses & Ladders from Fire Engine

12.00 - 1.00

- Vehicle Extrication Ergonomics
- Moving & Handling of Casualties

Course Outline

1.00 - 1.30

- Lunch

1.30 - 1.45

- Effective Teaching Skills
- Preparation for Teaching Practice
- 2 Hour Course Development - Content/ Delivery/ Organisation
- Initial Workforce Training
- Refresher Training

1.45 - 3.45

- Practical Assessment

3.45 - 4.30

- Written Assessment