



**APPROVED
PROVIDER**

#781827

Verify @ <https://thecpdregister.com>

1 Day 'How to Use' DIGITRAIN® Course



Learning Outcomes

- Attendees will have the knowledge & understanding of all DigiTrain® content
- Attendees can deliver in-house 2 Day Manual Handling Instructor ('Train the Trainer') Assessor Courses
- Attendees will have the competence to qualify Manual Handling Instructors
- Attendees will have the competence to qualify Manual Handling Risk Assessors
- Attendees can deliver in-house 1 Day Manual Handling Instructor ('Train the Trainer') Assessor CPD Courses



Course Outline

9.15 – 9.30

- Trainer & Attendee Introduction
- What is DigiTrain®
- The Benefits of DigiTrain® to you & your Business
- Course Outline

9.30 – 10.00

- Basic Anatomy & Function of the Spine
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders





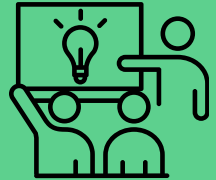
10.00 – 10.45

- Video Training - Hazardous Techniques & Practices
- Video Training - Best Practice Techniques & Practices



10.45 – 11.30

- 2 Day Manual Handling Instructor Assessor Course Outline
- Course Preparation
- Who should you pick to train?
- Joining Instructions



11.30 – 1.00

- Day 1 Course Delivery - Presentation Skills; PowerPoints; Manual Handling Risk Assessment Training Delivery (MAC & RAPP Tools)



1.00 – 1.30 Lunch



1.30 - 3.00

Practical Demonstrations & Group Practical

- Best Practice Lifting, Carrying, Lowering, Pushing. Pulling, Team Handling



3.00 - 4.30

- Day 2 Course Delivery - PowerPoints; Manual Handling Risk Assessment Checklists Training Delivery; Delivering Workforce Training; Management of Attendee Assessment

