



3 Day Manual Handling Instructor & Risk Assessor Course

£2395 to qualify up to 8 Attendees
including DigiTrain® & Manual Handling Training Videos



Learning Outcomes

- Attendees will have knowledge of the relevant laws related to Manual Handling including the Health & Safety at Work Act, the Manual Handling Operations Regulations, the Provision & Use of Work Equipment Regulations & the reporting of Injuries, Diseases & Dangerous Occurrences Regulations
- Attendees will understand the economic & social impacts of Musculoskeletal Disorders
- Attendees will obtain a knowledge & understanding of simple anatomy & biomechanics of the spine, and the musculoskeletal system
- Attendees will have a comprehensive understanding of hazardous lifting, carrying, lowering, pushing, pulling & team handling practices
- Attendees will understand the Manual Handling Risk Assessment Process & have competency to conduct onsite Manual Handling Risk Assessments & identify practical solutions to lower MSD Risk



Learning Outcomes (continued)

- Attendees will be able to critique current Manual Handling Risk Assessment forms & improve if necessary
- Attendees will have the knowledge & understanding of Optimal Manual Handling principles & to be able to demonstrate practical competency in Optimal Manual Handling techniques & practices including lifting & lowering (squat & lunge technique) carrying, pushing, pulling & team handling (including team pushing & pulling)
- Attendees will have competency in effective teaching of Optimal Manual Handling techniques & practices in any working environment, constructing & delivering in house Induction & Refresher Courses

Course Outline

Day 1

9.15 - 9.45

Instructor & Attendee Induction Course Outline





9.45 - 11.30

- Relevant law in Manual Handling
- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine - Muscles/ Ligaments/ Joints/ Discs
- Basic Biomechanical function of the Spine
- Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders

11.30 - 12.45

- Video footage of hazardous lifting, carrying & lowering

12.45 - 1.30 Lunch

1.30 - 2.00

- Childs Play Video - A basic Biomechanics critique
- Basic Hip & Knee Biomechanics
- Upper Leg Muscle Function
- Video Training - Squat Lifting & Lowering Technique





2.00 - 4.30

- **Practical Demonstrations & Group Practical - Optimal Lifting**
- **Postural Awareness & Squat Warm Up**
- **Semi Squat Lifting & Lowering**
- **Full Squat Lifting & Lowering**
- **Lunge Lifting & Lowering**
- **Carrying Loads**

Day 2

9.15 - 10.15

- **Manual Handling Risk Assessment**
- **Identifying & Assessing Risk**
- **MAC Tool - Video Training (Group Learning)**

10.15 - 10.45

- **Video Footage of Hazardous Pushing & Pulling**
- **Video Training - Optimal Pushing & Pulling Technique**
- **Communication & Team Handling**





10.45 - 12.30

- Practical Demonstrations & Group Practical
- Optimal Pushing & Pulling

12.30 - 1.15 Lunch

1.15 - 2.15

- Manual Handling Risk Assessment
- RAPP Tool (or ART Tool or REBA Tool) – Video Training (Group Learning)

2.15 - 4.30

- Practical Demonstrations & Group Practical
- Optimal Pushing & Pulling
- Optimal Team Pushing & Pulling
- Optimal Team Lifting, Carrying & Lowering

Day 3

9.15 - 10.15

- Manual Handling Risk Assessment





- Task/ Load/ Environment/ Individual
- Load Weight Guidance
- HSE Assessment Checklist
- Common Solutions to lower risk

10.15 - 10.45

- Group Discussion with Video Footage of Attendee Practical

10.45 - 11.15

- Group Practical
- Flawed & Negligent Manual Handling Techniques taught by UK Training Providers

11.15 - 12.30

- Practical Assessment

12.30 - 1.00 Lunch





1.00 - 2.30

Practical Assessment Continued

2.30 - 3.30

Effective Teaching Skills

Preparation for Teaching Practice

2 Hour Course Development - Content/ Delivery/ Organisation

Initial Workforce Training

Refresher Training

Osteopathic Solutions Products & Services to support *Target-Zero* Workplace Musculoskeletal Disorders

3.30 - 4.30

Written Assessment

