

2 Day Manual Handling Instructor Assessor Course



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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 understand the Manual Handling Risk Assessment process and have competency to conduct onsite Manual Handling Risk Assessments and identify practical solutions to lower MSD risk
- Attendees will be able to critique current Manual Handling Risk Assessment forms and improve if necessary
- 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

9.00 – 9.15

- Trainer & Attendee Introduction
- Course Outline

9.15 – 10.30

- 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

10.30 – 11.30

- Video Footage of unsafe lifting, carrying, lowering, pushing & pulling

11.30 – 12.30

- **Manual Handling Risk Assessment**
- MAC Tool – Video Training (Group Learning)



12.30 – 1.00 Lunch

1.00 – 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**

Day 2

9.00 – 10.15

- **Manual Handling Risk Assessment**
- Task/ Load/ Environment/ Individual
- Load Weight Guidance
- Awareness of the RAPP, ART & REBA Tools
- HSE Assessment Checklists
- Common Solutions to lower risk

10.15 – 12.30

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



12.30 – 1.00 Lunch

1.00 – 1.30

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

1.30 – 3.30

- Practical Assessment

3.30 – 4.30

- Written Assessment