

3 Day Manual Handling Champions Course



£2395 to qualify up to 5 Attendees including DigiTrain®
& Manual Handling Training Videos Box-Sets

Learning Outcomes

- NEBOSH Professionals will have the competence to qualify & requalify Manual Handling Instructors
- NEBOSH Professionals will have the knowledge & understanding of DigiTrain® content



Course Outline

Day 1

9.00 – 9.15

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

9.15 – 10.30

- Relevant Law in Manual Handling and UK Health & Safety
- Symptoms of Musculoskeletal Disorders (MSDs)
- Basic Anatomy of the Spine - Muscles/ Ligaments/ Joints/ Discs
- Basic Biomechanics of the Spine
- Basic Biomechanics of Spinal, Knee & Shoulder MSDs





10.30 - 11.30

- Video Training - Hazardous Lifting, Carrying, Pushing & Pulling

11.30 - 1.00

- Manual Handling Risk Assessment Awareness
- MAC Tool (or RAPP Tool) - Video Training (Group Learning)



1.00 - 1.45 Lunch



1.45 - 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

Pushing

Pulling



Day 2

9.00 - 12.00

Practical Demonstrations & Group Practical

Team Pushing

Team Pushing & Pulling

Team Pulling

Awkward Loads & Tasks

Flawed & Negligent Manual Handling Techniques

Practical Questions & Answers





12.00 – 1.00

- Preparing to Teach
- Making your Message Stick - Key Learning Concepts



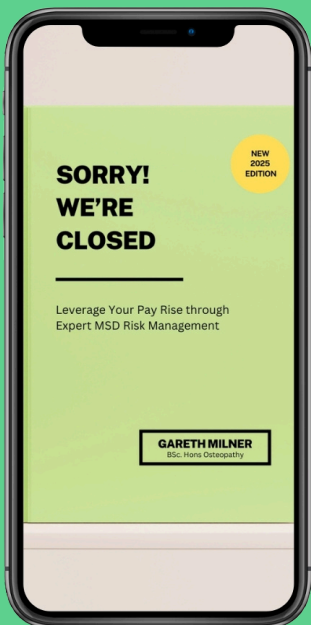
1.00 – 1.45 Lunch

1.45 - 3.30

Practical Demonstrations & Group Practical
Attaining Practical Expertise - Instructor Development

3.30-4.30

- Key Teaching Essays from *Sorry! We're Closed* AudioBook
- *Sorry! We Closed* & Musculoskeletal Disorder Risk Management
- *Osteopathic Solutions* Products & Services

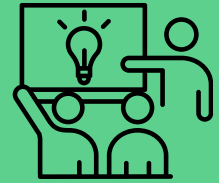




Day 3

9.00 – 12.00

- 2 Day Manual Handling Instructor (Train the Trainer) Course
- Course Preparation
- Who should you pick to train?
- Joining Instructions
- Day 1 Course Delivery
- Day 2 Course Delivery
- Attendee Assessment
- Refresher Training - Continual Professional Development



12.00 – 1.00

- Group Discussion with Video Footage of Attendee Practical



1.00 – 1.45 Lunch



1.45-3.30

Practical Assessment

3.30-4.30

Written Multiple Choice Assessment



Osteopathic Solutions
UK & Ireland Ltd

