

3 Day Manual Handling Instructor & Risk Assessor Course



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**

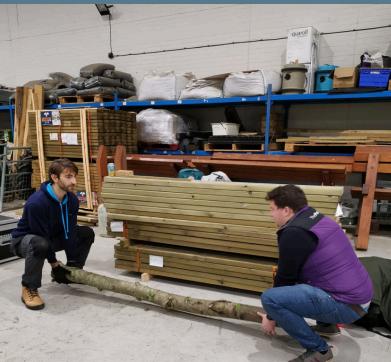
11.30 - 12.30

- **Video footage of hazardous lifting, carrying & lowering**

12.30 - 1.20 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

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**

• **Group Discussion - Flawed & Negligent Manual Handling Techniques
taught by UK Training Providers**

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

3.30 - 4.30

• **Written Assessment**



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