



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

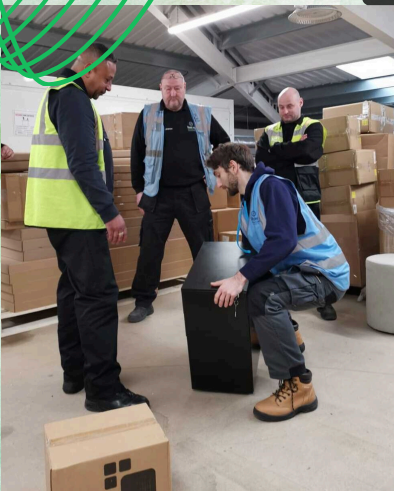
Osteopathic Solutions Products & Services to support *Target-Zero* Workplace Musculoskeletal Disorders

3.30 - 4.30

Written Assessment



FINANCE TEAMS ... SAVE YOUR COMPANY A SMALL FORTUNE WITH DIGITRAIN®



[www.osteopathicsolutions-manualhandling.co.uk](http://www.osteopathicsolutions-manualhandling.co.uk/digitrain-qualify-manual-handling-instructors)
[/digitrain-qualify-manual-handling-instructors](http://www.osteopathicsolutions-manualhandling.co.uk/digitrain-qualify-manual-handling-instructors)

The 'How to Use' Package

Our Occupational Osteopath & Manual Handling Expert travels to your site to show you exactly how to expertly use DigiTrain® over 1 Day.

Although DigiTrain® is a very straightforward product, many of our Clients like to be taken through its content to ensure best usage.

No confusion. 100% product education & understanding. All in just 1 Day.



DigiTrain® & 1 Day
'How to Use' Course



£1790

Purchase Order

£995

Buy Online

DigiTrain® Product



£795

Purchase Order

£495

Buy Online

DO YOU WANT 'BESPOKE' RATHER THAN AN 'OFF THE SHELF' MANUAL HANDLING DVD VIDEO?



Check out our Clients' professional Box Sets:



OUR BESPOKE MANUAL HANDLING DVD VIDEO IS THE ANSWER.
CUSTOMISED TASKS AT YOUR SITE PROFESSIONALLY FILMED
& EDITED BY OUR PRODUCTION TEAM