



1 Day Manual Handling Risk Assessor Course

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 and safer 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

Course Outline

9.15 – 9.20

- Trainer & Attendee Introduction
- Course Outline

9.20 – 10.20

- 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

10.20 – 12.30

- The Role of the Risk Assessor
- Identifying & Assessing Risk
- Task/ Load/ Environment/ Individual
- Load Weight Guidance
- MAC Tool – Video Training (Group Learning)
- RAPP Tool – Video Training (Group Learning)

12.30 – 1.00 Lunch

1.00 – 1.45

- Group Task, Load & Environment Observation

1.45 – 4.30

- REBA Tool – Video Training (Group Learning)
- ART Tool – Video Training (Group Learning)
- HSE Assessment Checklists
- Common Solutions to lower risk
- Group Assessment & Solution Finding