



2 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 unsafe lifting, carrying, lowering, pushing, pulling, 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





- Attendees will be able to critique current Manual Handling Risk Assessment forms & improve if necessary
- Attendees will have the knowledge & understanding of safer Manual Handling principles & to be able to demonstrate practical competency in safer 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 safer Manual Handling techniques & practice in any working environment, constructing and delivering in house induction and refresher training courses

Course Outline

Day 1

9.00 - 9.15:

Trainer & Attendee Induction
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

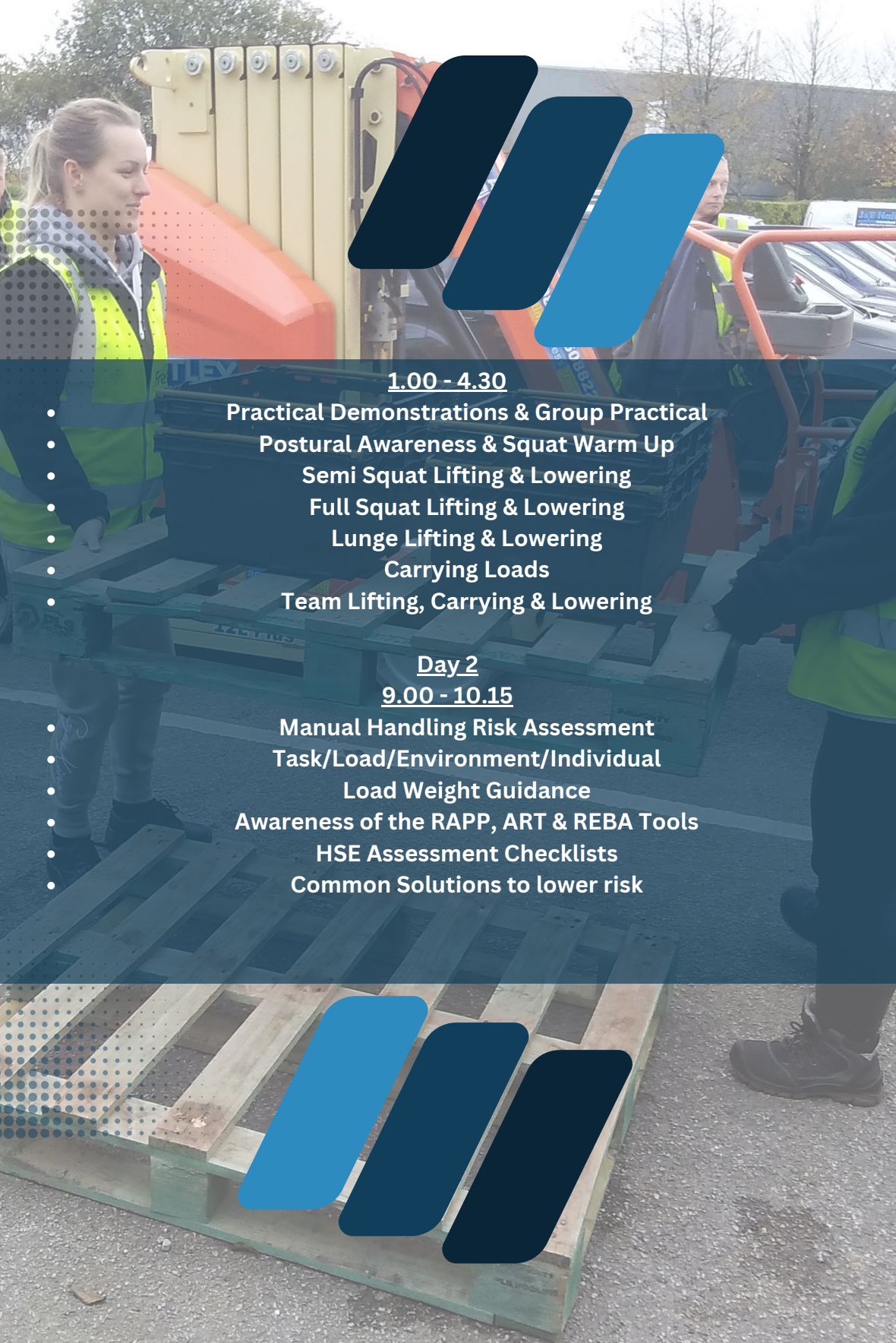
- Video footage of unsafe lifting, carrying, lowering, pushing & pulling

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 - 1.30 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