



1 Day Manual Handling Instructor CPD Course

Learning Outcomes

- Attendees will have refreshment in the relevant laws related to Manual Handling, and the economic & social impacts of Musculoskeletal Disorders (MSDs)
- Attendees will obtain an improved knowledge and understanding of simple anatomy and biomechanics of the spine, and the musculoskeletal system
- Attendees will have a developed understanding of unsafe lifting, carrying, pushing, pulling, and team handling practices
- Attendees will have an improved technical ability when teaching Manual Handling techniques
- Attendees will be able to compare & critique the lifting, carrying, lowering, pushing, pulling and team handling practices
- Attendees will be able to deliver more engaging and effective Manual Handling Training



Course Outline

9.00-9.05

**Trainer & Attendee Introduction
Course Outline**

9.05 - 10.30

Relevant Law in Manual Handling

Symptoms of Musculoskeletal Disorders (MSDs)

Basic Anatomy of the Spine - Muscles/Ligaments/Joints/Discs

Basic Functions of the Spine - Kinematics Explained

Basic Biomechanics of Spinal, Knee & Shoulder Musculoskeletal Disorders

Video Footage of unsafe lifting, carrying, lowering, pushing & pulling

Video Training - Squat lifting & lowering technique

10.30 - 12.45

Practical Demonstrations & Group Practical

Postural Awareness & Squat Warm up



- Semi Squat Lifting & Lowering
- Full Squat Lifting & Lowering
- Lunge Lifting & Lowering
- Carrying Loads

12.45-1.15 Lunch

1.15 - 3.15

- Practical Demonstrations & Group Practical
- Team Lifting, Carrying & Lowering
- Pushing & Pulling
- Team Pushing & Pulling

3.15 - 4.15

- Practical Assessment

4.15 - 4.30

- Effective Teaching Skills
- 2 Hour Course Development - Content/ Delivery/ Organisation

