



Health and Safety

Manual Handling Train the Trainer

3 Days - Level 3

For employers having large numbers of staff or have an on going training need, Line International provide a course designed to equip line managers, supervisors or team leaders with sufficient knowledge and skill to be able to conduct the manual handling training course.

Objectives

The Line International one day manual handling programme is extended to provide delegates with the knowledge and skill to train others in manual handling techniques, identify risks and explore control strategies.

On completion of the course delegates will:

- Be deemed competent to deliver manual handling training
- Understand the effects of strain injury as a result of poor techniques
- Be able to conduct manual handling risk assessments

Content

What the Law Requires

A general overview of the Health & Safety at Work Act
Detailed appreciation of the Manual Handling Operations Regulations

Injuries and Statistics

Understanding the structure and mechanics of the back and spine
How and why injuries occur
The size of the problem

Assessment of Risk

The task
The load
Environment
People selection- basic ergonomics
Practical exercises

Avoidance of Risk

Alternatives - mechanical handling equipment
Correct lifting techniques
Lifting, pushing, sliding

Controlling the Risk

Understanding 'so far as is reasonably practicable' cost versus risk
Examination of risk control techniques

Learning and Communication for Presenting

Aspects of learning
Communication and listening
Skills in running training sessions

Summary and Close

Note: This course can be tailored to meet your exact needs. For further information or to obtain a quotation contact Line International on 0117 986 2194