

# Manual Handling Training The Trainer

The Manual Handling Train the Trainer course is a 2 day course that has been developed to provide people with the subject knowledge and presentation skills needed in order for them to carry out their roles as manual handling trainers with confidence.

It is also designed to enable delegates to identify a suitable structured working method for the preparation of training materials, successful course delivery and finally how to carry out post-course evaluations.

## Course aims

This 2 day course has been developed to provide delegates with the subject knowledge and presentation skills needed in order for them to carry out their roles as manual handling trainers with confidence. It will also give delegates the tools to enable them to pinpoint other individual or group training needs relevant to Health and Safety. Candidates will also be able to identify a suitable structured working method for the preparation of training materials, successful course delivery and finally how to carry out post-course evaluations. The tips and suggestions will enable them to apply these methods to ensure that training is both relevant and interesting for their audience, whilst also meeting the company's overall training obligations.

## Course objectives

Upon completion of the course the delegates should be able to:

- Prepare and deliver bespoke Health and Safety courses with confidence
- Carry out manual handling assessments and train others in their roles and responsibilities
- Promote delegate participation and evaluate reaction to course material and delivery through group discussions
- Identify their roles and responsibilities in the development of good manual handling techniques throughout their company's workforce and activities
- Identify the training profiles of individual delegates or groups and incorporate them into the training programme
- Outline the requirements for the pro-active development of good standards of Health and Safety within their organisation
- Identify data gathering methods and sources
- Objectively analyse the course material and delivery, and implement improvements

**Please note that this course does not cover the techniques associated with lifting people / patient handling. It is not suitable for pregnant women or people with back problems, as you will be asked to perform lifting exercises. Delegates will need to be reasonably fit.**

## Duration

2 days

## Location

At our premises in Stafford or at a number of selected locations around the UK. Courses can also be provided at your company site for a maximum of 12 delegates

## Course outline

Introduction to Health and Safety  
General Health and Safety Law and Practices  
Practical Manual Handling Risk Assessments;  
    Hazard Identification, Risk Level Quantification, Implementing Control Measures, Monitoring and Reviewing Requirements  
Manual Handling Issues and Techniques;  
    Accident and Injury Prevention, The Manual Handling Regulations, The Governments Revitalising H&S Programme  
Communication and Training Skills;  
    Delivering with Confidence, Maintaining Audience Interest, Using Training Aids and Materials  
Preparing a Presentation in Groups  
Practical Presentation Delivery  
Group Assessment and Discussion