



# Manual Handling Train the Trainer

In 2014, an estimated 909,000 working hours were lost and nearly a quarter of all RIDDOR reported injuries were attributed to poor manual handling practices.

## Course Overview

The Manual Handling Trainer Course is delivered by an experienced trainer with both health & safety and teaching qualifications which will enable each candidate to gain the necessary theoretical and practical skills associated with the moving and handling of objects in order to become a competent manual handling awareness trainer within their relative workplace.

## Course Syllabus

- Introduction to the Manual Handling Regulation 1992 and associated guidance
- Introduction to moving and handling
- Benefits of correct moving and handling
- How to deliver manual handling training with a range of teaching techniques that facilitate effective learning
- Lesson planning (SMART Targets)
- Anatomy and physiology of the human body
- Recognition of manual handling injuries and ill health
- Safe principles of moving and handling
- Posture and movement
- Risk assessment exercise
- Ergonomics of moving and handling
- Demonstration of correct moving and handling techniques
- Practical / written examinations
- Assessment and evaluation

### Course delivery options:



Tailored



Open

# frequently asked questions...

## The Course

Course Delivery	This course is available either as a Tailored or Open Course
Accreditation	None
Course Length	2 Days
Start / Finish Times	To suit
Maximum Group Size	8
Tailored to Specific Requirements	Yes - Please provide at the booking stage
Course Material	Hand Outs are provided on the day

## Certification

Are certificates issued?	Yes
Valid for?	Not Applicable
Is there an Assessment?	Written paper plus assessment on 2 micro-teach presentations
When / how are they available?	Available for download 2 working weeks after the course

## The Delegates

Prior Knowledge / Prerequisites	None
Needs to bring along	None

## The Venue

Course Location	At a venue of your choice or a NUK venue
Venue Requirements	Please inform us of any mobility concerns
Non-NUK Venues	Must have adequate space, lighting, seating, welfare and a 240v socket
Refreshment at NUK Venues	Tea, Coffee, Water and Biscuits are available