

Manual Handling Train the Trainer:



Tower Training and Consultancy was established to offer excellent service based on real world experience and a passion for doing health and safety better.

Who is this for?

The programme indicated is intended for managers and supervisors with responsibility for staff engaged in manual handling tasks, or those appointed by the company to carry out manual handling risk assessments and training as part of a safety management system.

Shorter courses and assessment processes are available on request where required.

Course Objectives – on successful completion of the course, delegates will be able to:

Carry out a manual handling risk assessment (in line with the requirements of the Manual Handling Operations Regulations 1992 and its associated guidance).

Identify types of injury caused by manual handling, how they occur, and general approaches to reducing them;

Deliver a training session of manual handling theory to a group; and

Demonstrate and teach safer manual handling techniques to others.

Duration

4 days including assessment. Also available , One day RA and safe lifting techniques.

Facilities and numbers.

Normally at clients premises (but arrangements can be made if required). Up to 12 candidates per course.



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Manual Handling Train the Trainer:



		General Area	Outline
		Day 1 General Duties	The nature and causes of manual handling injuries including Work Related Upper Limb Disorders. Manual Handling Operations Regs 1992 Display Screen Equipment Regulations (DSE) Communicating the message Part 1
		Day 2 Risk Assessment	General concepts in risk assessment Specific factors for assessment of manual handling. MAC, RAPP, VMAC, tools. Risk assessment factors under the DSE Regs. Basic Lifting techniques Communicating the message part 2
		Day 3 Being a Trainer	Human Factors approach to manual handling control. Communicating the message part 3. Preparation of training
		Day 4 Assessment	TWO part assessment. 1. A multi-answer examination paper to ensure candidates have a sound knowledge of the principals and legal requirements of the Manual Handling Regs, Manual Handling related disease and control measures. TOWER will mark and in the event of a marginal fail, we suggest candidates may retake the same paper within two weeks. A repeat failure would necessitate re-sitting the whole course. 2. Candidates will give a presentation 5-10mins assessed on the basis of:- <ul style="list-style-type: none"> • Factual accuracy • Style • Delivery of a clear learning point and control measure.