

## Manual Handling Training the Trainer

2 Days

The Manual Handling Operations Regulations 1992 (as amended 2002) require employers to train staff involved in manual handling activities. With large numbers or high turnover of staff, it can sometimes prove more cost effective to have the training resource in your own company.

### **Aim of the course**

This course is designed to enable staff to acquire sufficient knowledge and training competence to be able to prepare and deliver in-company training to those staff at risk from manual handling activities.

### **Who this course is for**

This course is specifically suitable for those employees within their Organisation who have been designated responsibility to deliver Manual Handling training to their colleagues, helping to meet the requirements of Health and Safety at Work Act 1974, Manual Handling Regulations 1992, and Management of Health and Safety Regulations 1999.

It is ideal for first-time trainers who need to understand the basics of training skills and practice or those looking to refine their techniques.

### **Benefits to your organisation**

This course will provide you with trained staff who are fully aware of the implications of manual handling. They will be able to train new employees in correct lifting methods and also provide refresher training to existing employees.

### **Course objectives**

To enable delegates to develop sufficient training skills to create and deliver a basic manual handling training course centered around their working environment; to reduce the risk of injury to employees by having a competent trainer on-site to provide ongoing training as and when it is required.



## Programme

### Day One

- Why health & safety is so important?
- Overview of Health and Safety Law / Manual Handling Regs 1992
- Main injuries associated with manual handling
- Benefits of Correct Manual Handling
- Overview of risk assessment process
- Best Practice Manual Handling Techniques

### Days Two

- Presentation Skills / Training Tips
- Designing a Programme for Manual Handling Training
- Dealing with nerves / stress
- Handling the audience
- Use of visual aids
- Presentation of 10 minute briefing

