



# 3 Day Manual Handling Trainer Training Course



## **Course Aims**

To enable candidates to analyse the way in which manual handling tasks are performed, to assess the risk, recommend control measures, demonstrate safe handling techniques and provide a basic manual handling induction course.

## **Course Objectives**

By the end of this training programme, delegates will be able to;

Describe the main components of the spine and the types of movement that can cause back injury.

Explain how cumulative strain can lead to muscle injury even when very light loads are handled.

Outline the principles and purpose of risk assessment.

State the main requirements of legislation relating to manual handling, including the hierarchy of controls, and types of mechanical aids.

Be able to undertake a manual handling risk assessment and make recommendations

Demonstrate on-the-job safe handling techniques

Present an effective lifting and handling induction course to other staff.

## **Who will benefit from this training course?**

Supervisors and key workers who are responsible for staff who have to carry out manual handling activities.

## **Course Outline**

Accident statistics

Types of injuries caused by manual handling

Definition of human kinetics

Cumulative strain

Mechanics of the spine

Principles of good movement

Practical experiments

Recognising dangerous handling activities

Legal background

Principles of risk assessment

The Manual Handling Operations Regulations 1992

Manual handling risk assessment

Recording the assessment

Overcoming handling problems

Mechanical handling aids

Team lifting

Trainer skills for manual handling

Manual handling demonstration techniques and practice

Presentation skills and practice.

## **Training Methods**

Lectures, discussions and practical exercises.

## **Delegate numbers**

Up to a maximum of 10 delegates per programme

## **Programme length 3 days**

Course times 0930 - 1630

## **Programme cost £1800 (no VAT)**

Excludes expenses, but includes study notes, CD for each delegate featuring a 30 slide powerpoint presentation and certificates of achievement.

## Alan Bunting MIIRSM, Dip NEBOSH, Grad IOSH

Trainer and safety consultant, has been involved in training for over 25 years, leaving the Governments' Skills Training Agency as a higher instructional officer in 1992 to set up his own Training and Safety Services.

He has delivered over 100 manual handling instructor courses and some 350 basic programmes to many well known companies, police forces, fire services and local authorities.

He is a safety advisor to a number of small businesses in the Norwich and Norfolk area and assists them in the completion of safety policies, risk assessments and method statements. He also provides specially designed tool-box training sessions for his clients so that his training is always relevant to the client needs.

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