



## Manual Handling Train the Trainer

3 Days

For employers who have large numbers of staff requiring training or an ongoing training need, Line Business Services provide a course designed to equip line managers, supervisors or team leaders with sufficient knowledge and skill to be able to conduct the manual handling training course.

### Objectives

The Line Business Services one day manual handling programme is extended to provide delegates with the knowledge and skill to train others in manual handling techniques, identify risks and explore control strategies.

On completion of the course delegates will:

- be deemed competent to deliver manual handling training
- understand the effects of strain injury as a result of poor techniques
- be able to conduct manual handling risk assessments

### Content

#### What the Law Requires

A general overview of the Health and Safety at Work Act  
Detailed appreciation of the Manual Handling Operations Regulations

#### Injuries and Statistics

Understanding the structure and mechanics of the back and spine  
How and why injuries occur  
The size of the problem

#### Assessment of Risk

The task  
The load  
Environment  
People selection- basic ergonomics  
Practical exercises

#### Avoidance of Risk

Alternatives - mechanical handling equipment  
Correct lifting techniques  
Lifting, pushing, sliding

#### Controlling the Risk

Understanding 'so far as is reasonably practicable' cost versus risk  
Examination of risk control techniques

#### Learning and Communication for Presenting

Aspects of learning  
Communication and listening  
Skills in running training sessions

#### Summary and Close

**Note:** This course can be tailored to meet your exact needs. For further information or to obtain a quotation contact Line Business Services Ltd on 0117 986 2194