

- **A Brief Overview of the Course**

### *Manual Handling Instructors Course*

Participants are trained to conduct Manual Handling Risk Assessments and deliver Manual Handling Training. The course is intensive and highly participative where instructional skills as well as the theoretical and practical aspects of manual handling are addressed . Upon completion of the course participants will be provided with a training pack including a complete manual handling operative training course on CD-ROM, which can be utilised as a template for delivery of their training within their own organisation.

- **Preferred Entry Level**

Persons capable of delivering training; good communication and English skills; no major health issues.



- **Course Contents**

- S:1 Health & Safety Legislation
- S:2 Anatomy & Work Physiology
- S:3 Fitness and Flexibility
- S:4 Biomechanics
- S:5 Presentation and Instructional Skills
- S:6 Student Presentation
- S:7 Moving and Handling Techniques I
- S:8 Risk Assessment
- S:9 Risk Avoidance
- S:10 Planning and Administration of Training
- S:11 Moving and Handling Techniques 2
- S:12 Course Assessment

- **Course Structure**

- Course Duration: 5 days
- Assessment: The Assessment Format is based on Student Presentation Skills and Written Assessment at the completion of the course.
- Max: 10 Persons

