



Manual Handling Instructor and Assessor



Introduction

Incorrect manual handling is one of the most common causes of injury at work. It causes work-related musculoskeletal disorders (MSDs) which account for over a third of all workplace injuries.

The Manual Handling Operations Regulations 1992 (as amended) require that where an employer cannot eliminate manual handling that they make a suitable and sufficient assessment and take appropriate steps to reduce the risk of injury.

The manual handling instructor / assessor course equips staff to carry out the assessments and provide in house training.



Course Duration

SSG offer this course over three days.



Who Should Attend

Safety / HR managers, managers safety representatives, anyone who may teach or risk assess manual handling, or have management responsibility for those who do.

Before attendance delegates should have attended a manual handling course or have experience of correct manual handling techniques.



Course Programme

Day One

- Why is good manual handling important
- Common injuries
- The structure and function of the spine
- Manual Handling Operations Regulations 1992
- Avoid, assess, reduce
- Good handling technique
- Manual handling risk assessment - TILE
- MAC and ART tools
- Practical risk assessment exercise

Day Two

- Initial Training Exercise
- Basic principles of teaching and learning
 - Planning training
 - Lesson plans
 - Practical training skills

Day Three

- Presentation by delegates on manual handling
- Feedback to delegates on presentation
- Manual handling theory test



Certification and Assessment

Delegates will be assessed on their input during the practical exercises and a summative assessment at the end of the course. There is no refresher training available for this course. It is suggested that the practical element is refreshed every three years.



Suggested Follow on and Complementary Courses

- Risk Assessment Workshop
- IOSH Managing Safely