

## **Manual Handling Instructor Course**

This course is designed to introduce suitably selected persons to basic instruction and technical knowledge required to train persons to use the correct method of lifting.

### **Course Content**

#### **Outline Of The Health & Safety At Work Act & 1992 Manual Handling Operations Regulations (Amended 2002)**

#### **Manual Handling Regulations Outlining Areas Such As The Task, The Load, Equipment, Working Conditions & Employees**

#### **Types Of Accidents Caused By Incorrect Handling**

#### **Handling & Lifting Techniques**

#### **Professional Presentation Techniques**

#### **Risk Assessment Followed By Advice On Remedial Action**

#### **Maintaining Necessary Records**

#### **Preparing & Using Course Notes**

#### **Report Writing & Assessments Of Personnel**

#### **Practical Teaching Skills**

The candidates will be subject to the following examinations:-

- Practical Manual Handling Test
- Preparation and delivery of a pre-determined lecture on a Manual Handling related subject
- Preparation and presentation of practical teaching skills
- A multi-choice examination paper on Manual Handling techniques
- A 25 multi-choice examination paper on instructional techniques

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