

TRAIN THE TRAINER MANUAL HANDLING

Aim:-

For the candidates to have an understanding of the relevant legislation, good teaching practices. An understanding of how the body works and what injuries can occur. To be able to run a half day manual handling course and carry out a manual handling risk assessment.

Course content:-

- The role of the trainer
- The environment
- Learning styles
- Planning a training session
- Deliver a short training session
- Dealing with challenging trainees
- Type of accidents/injuries
- Type of mechanical aids
- Handling techniques
- Summary and delegate feedback.

Length of course:-

- 3 days
- 12 candidates

Venue:-

- Your premises

N.B. We all lift and move things in the workplace, no matter what our job.