



Manual Handling Instructor and Assessor



Introduction

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

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

This course equips staff to carry out the necessary assessments and provide inhouse training.



Course Duration

SSG offer this course over three days as a classroom course.



Course Attendees

This course is suitable for safety and HR managers, safety representatives, anyone who may teach or risk assess manual handling or have management responsibility for those who do.

Note

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 Operation Regulations 1992
- Avoid, assess, reduce
- Good handling techniques
- Manual handling risk assessment including 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

Note

As part of the assessment process this course requires delegates to prepare and deliver a presentation. There are no formal requirements for this to be electronic (use of flip charts etc. is allowed) but if delegates want to produce and deliver a presentation, bringing their own laptop would be advantageous. If you need to borrow a device or need support, please contact SSG before the course commences.



Training Certification and Assessment

Delegates will be assessed through their input during practical exercises and a summative assessment at the end of the course. On successful completion of training, delegates will receive an SSG course attendance certificate. Whilst there is no refresher training for this course, it is suggested that the practical element is refreshed every three years.



Suggested Follow on and Complementary Courses

- Risk Assessment
- IOSH Managing Safely®