



Manual Handling Instructors Training

Duration: 2 Days

Overview: This 2 day course is aimed at those who carry out manual handling training within the workplace. It is designed to impart the necessary knowledge to enable personnel to gain the expertise and competence to successfully assess, train in safe lifting techniques and reduce the risks from manual handling operations.

Content:

- Ergonomics
- The law relating to moving and handling
- Risk assessment in relation to moving and handling
- The duty of care
- Anatomy & Physiology of the back
- Essential considerations related to manual handling
- Training techniques
- Planning and preparing a lesson
- Training preparations & practice (classroom) practical
- Safe lifting Techniques (within workplace) practical

Assessment: The course is a mixture of practical demonstrations/exercises and theoretical work. The course ends with a written test paper to assess knowledge and understanding

A Bemac Certificate of Training will be issued on successful completion of the course. Delegates who successfully complete this course will receive a certificate, valid for 3 years

This course is CITB approved for grant aid to registered companies

For further information please contact us on:

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