

MANUAL HANDLING INSTRUCTORS & ASSESSORS TRAINING COURSE

Institute for Occupational Safety and Health (IOSH)

This course fully complies with the Manual Handling Regulations 1993 and will ensure demonstrable competency in the practical conduct of manual handling risk assessments and will enable delegates to deliver training which is specifically tailored to the local manual handling conditions.

Course Content

Day 1 – 2 Manual Handling Law & Risk Assessment

- Safety Legislation
- Risk Assessment Principles
- Identifying Manual Handling Problems
- Principles of Risk Management
- Load Characteristics
- The Physical Environment
- Individual Requirements
- Manual Handling Checklists

Day 3 – 4 Manual Handling in Practice and Anatomy

- Introduction to Handling Issues
- Basic Anatomy
- Back Care
- Human Movement
- Lifting/Lowering/Pushing & Pulling
- Team Handling
- Mechanical Aids
- General Housekeeping

Day 5 – Delivery Training

- Presentation Skills
- Communication Skills
- Training Delivery
- Defining Aims & Objectives
- Tools & Resources
- Setting up Practical Sessions
- Suitability & Training Needs

Duration: This course is for duration of 5 days.

Delegates: 10 maximum per course

Certification: On successful completion of this course an IOSH (Institute for Occupational Safety and Health) Certificate will be issued to each delegate, which is valid for 5 years.