

Training Solutions

Manual Handling Train the Trainer Course

Who Is This Course Designed For?

This course is designed for managers, supervisors, safety advisors or any individual who has responsibility to deliver manual handling training to the workforce.

This 2 day Manual Handling Train the Trainer course will provide you with the knowledge and skills to train others in your workplace on manual handling and will enable you to provide suitable and sufficient training that meets legislative requirements and current best practice.

How is the course assessed?

The qualification is assessed through a number of different elements such as; written session and action plans, as well as delivering a 10-15 minute mock training session to your group to demonstrate your new skills and knowledge.

What Do I Do Next?

If you would like a course exclusively run for your employees, at your business premises, we would be happy to arrange this for you. Prices for a closed course are available on application.

Please call **01777 861861** or email our training department at training@pibrm.com to discuss further or book a place on one of our open courses.

About the Course

- > Duration: One day
- > This event is suitable for 10 delegates
- > Refresher training recommended every 3 years

What Is Covered?

- > Unit 1 Level 2 Award in Safe Moving and Handling
- > Common manual handling injuries Manual handling laws
- > Responsibilities of employers and employees
- > Risk assessments
- > Safe movement principles associated with manual handling, including the body's:
 - > Musculoskeletal system
 - > Centre of gravity
 - > Lever system Manual handling equipment
 - > Types of manual handling aids and equipment
 - > Maintenance and requirements for testing
- > Manual handling practical sessions:
 - > Solo lifting, carrying and lowering an object
 - > Team manual handling
 - > Using equipment
- > Unit 2 Delivering a Manual Handling training session