



Train the Trainer - Manual Handling

Course aims:

- To have awareness of the statistics relating to manual handling injuries and information relating to the anatomy
- Guidance on the mechanics of manual handling and the kinetic technique
- Information on Manual Handling Operation Regulations and our responsibilities
- To teach the skills you will need for training individuals or groups at all levels of your organisation on Manual Handling Techniques.
- Considering transference of knowledge
- Recognising different learning needs and choosing appropriate techniques and tools for maximum effect
- To help you get the confidence to speak in front of others
- Planning and structuring your training and it's content
- Identifying training needs
- Delivering training presentations

Format for the Day:

- Manual Handling Operations Regulations
- Accident ~ Injury Statistics
- Identifying ~ Avoiding ~ Assessing the Risk (risk assessing)
- The Anatomy and The Mechanics of Manual Handling
- Lifting & Lowering guidelines
- LOLER
- Identifying Training Needs and its benefits
- Why & How do people learn & the Learning Process
- Communication in Training – transferring that knowledge effectively
- Barriers to learning
- One to one instruction
- Considering presentation and resources for effective learning