

# Manual handling train the trainer

*This course provides those who have previously attended a handling/moving course with additional knowledge and skills to teach specific manual handling techniques within their organisations.*

## Overview

### **3 day, maximum of 10 delegates per course**

Day one and two will run consecutively containing both practical and theory sessions followed by assessed presentations on day three.

Delegates will be required to undertake a 10 minute presentation on a topic of their choice on the afternoon of day one.

Day three will take place approximately one week after days one and two.

## Outcome

Delegates will gain the necessary knowledge and skills to be able to develop and deliver effective moving and handling training sessions within their own organisation. They will gain confidence in presenting to others and receive feedback from the assessor to enable them to improve their skills.

## Who should attend?

Anyone who has previously completed a course

## Hosted course - **£2,400.00**

*You choose the date and provide the venue, usually your premises, and we provide the training and any necessary equipment.*

### **For more information and bookings:**

email: [training@posturite.co.uk](mailto:training@posturite.co.uk)

or call: **0345 345 0010**

in manual handling and wishes to further their understanding of the subject and is required to teach others within their organisation how to carry out safe manual handling techniques.

## Content

- **Introduction to manual handling and relevant regulations**
- **Presentation skills**
- **Anatomy and physiology of the spine and relevant areas**
- **Manual handling injuries**
- **Risk assessment relating to manual handling**
- **Mechanics of lifting and good handling techniques**
- **Documentation relating to risk assessment**
- **Risk reduction measures including manual handling aids**
- **Delegate presentations**

Delegates need to ensure that they are fit enough to attend this course (able to perform simple handling tasks at different levels) as there are key practical elements in the course.