

Moving & Handling of Objects Train the Trainer

Suitable For:

Anyone wishing to become a moving and handling instructor.

A current, valid moving and handling certificate is a course pre-requisite. Candidates must also be in a reasonable state of health owing to the physical nature of the course.

Aims and Objectives:

This course will enable each candidate to gain the necessary theoretical and practical skills associated with moving and handling of objects in order to become a competent manual handling awareness trainer within their relative workplace.

Course Content:

- Introduction to moving and handling
- Benefits of correct moving and handling
- What is training?
- Types of training
- Learning styles
- Qualities of a trainer
- Lesson planning (SMART targets)
- Legislation and regulations relating to moving and handling
- Anatomy and physiology of the spine
- Safe principles of moving and handling
- Posture and movement
- Risk assessment exercise
- Ergonomics of moving and handling
- Demonstration of correct moving and handling techniques
- Practical assessments
- Teaching presentations
- Written Examinations
- Assessment and Evaluation

Course Duration:	3 Days	Max No. of Delegates:	8
Exam:	Each candidate will deliver two Micro-Teach presentations lasting about 5 & 10 minutes, in addition carry out a practical assessment of their moving and handling techniques. In addition, candidates should successfully achieve a 60% pass mark on a written exam paper.		

Certification:	Awarded on completion
Location:	Stowan Training Centre or your Site