

# TRAIN THE TRAINER



## Manual Handling of People Train the Trainer Course

This Manual Handling of People Train the Trainer Course four-day course is ideal for trainers who are required to carry out manual handling of people training within the workplace. It gives delegates the skills, confidence and knowledge to deliver manual handling of people training courses.

### Programme/Course Content

- Know what is meant by the terms manual handling, risk and hazard
- Understand the Manual Handling Regulations and their application in a workplace
- Know the safe principles of moving and handling
- Know how the spine and muscles can be damaged by poor moving and handling techniques
- Understand the effects of perception on moving and handling
- Compile a file of information relating to manual handling that is appropriate to the workplace
- Understand relevant aspects of learning theory
- Prepare for managing and delivering training sessions
- Create a range learning resources
- Reflect on own practice

**Aimed at:** All trainers who have a responsibility (or wish) to teach manual handling training.

**Accreditation:** IQ

**Further information:** Please contact us for a specific training proposal and quote.