

# CRS Manual Handling Train the Trainer

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Course length:	2 Days
Additional work:	None
Level:	Intermediate
Delivery:	Classroom
Venues:	In-House
Pre-Qualifications:	Basic manual handling awareness is preferred, but not essential
Next step qualification:	NEBOSH National General Certificate

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## Overview

This course develops delegates' training and presentation skills, and their manual handling knowledge to enable them to provide manual training to staff.

This course blends together a broad range of instructional techniques for delegates to experience and try with a manual handling focus, and to develop their understanding of the subject matter. Throughout the course, delegates will explore their natural instructional style(s), consider the importance of learning objectives, target audiences, and selection of delivery methods in order to be able to deliver high impact training.

Delegates will learn about the range of significant injuries that can result from incorrect or inappropriate manual handling techniques. They will learn about correct lifting technique for standard lifting operations, how to develop and train for non-standard lifting process, as well as the legal requirements relating to manual handling activities and risk assessments.

During the course, delegates develop a personal action plan, and deliver a range of presentations and instructional sessions to build their confidence and technique, culminating in a final presentation.

## Target Audience

Those with responsibility for instructing others in safe lifting techniques and for making risk assessments of manual handling activities.

## Assessment Process

End of course group presentation on manual handling techniques

## Syllabus

Designed as a 'springboard to action', candidates leave this class with real understanding of manual handling instruction techniques, and ready to deal with this in their workplace straight away. This is a key programme for several of our insurance company partners, who have seen reductions in the number and value of claims following participation in this class.

By the end of this course, participants will understand:

- The injuries that result from poor manual handling technique
- The impact of manual handling injuries on individuals and organisations
- Musculoskeletal systems
- Manual handling techniques
- Manual Handling Operations Regulations (and associated guidance)
- How to identify activities that require additional tuition
- Manual handling risk assessments
- How to deliver to others using confident instructional techniques

## Additional Notes

We recommend that a suitable and representative range of objects to use as tutorial aids in the training room, such as boxes, are provided.

