

Manual Handling Instructor Course

Introduction

A 3 day course for in-house instructors who are required to deliver a basic 2/3 hour practical Manual Handling course. Potential instructors should have been carefully selected as good communicators and able to cope with the pressure of instructing amongst their own colleagues.

Course Objectives

By the end of the course, delegates will have:

- **Demonstrated** their understanding of the skills required to be an Instructor
- **Identified** how and why people learn
- **Gained** an understanding of Manual Handling Regulations
- **Practised** Manual Handling Techniques
- **Demonstrated** their ability to instruct
- **Practised** dealing with questions from 'trainees'
- **Practised** questioning techniques to check learning
- **Demonstrated** giving feedback to 'trainees'

COURSE DURATION: 3 Day Course

www.oaktree-training.co.uk

Course Contents

What is training?

How do trainees learn?
Instructor qualities, instructing techniques

Designing a training session

Use of training aids
The pit falls
Preparation for demonstrating an individual skill training session on
Day 2

Trainees run their individual short skill training session.

This will be assessed via digital camera.

Evaluation of the session using digital camera.

Manual Handling Operations Regulations 1992
Manual Handling Training
Preparation and planning for the final day when trainees will run a Training session

Trainees demonstrate to tutor their Manual Handling course

- Digital camera used for feedback.

Evaluation and adjustments

Practical - Trainees instruct employees in Manual Handling

Personal Development Action planning

