



# MANUAL HANDLING – TRAIN THE TRAINER

## INTRODUCTION

Manual handling at work is one of the most common causes of musculo-skeletal disorders, specifically back pain, affecting employees of all ages. There is an estimated annual cost to industry in the region of £3 billion with over 30 million lost working days.

With these statistics in mind the importance of effective manual handling training cannot be overemphasised. In some cases by training carefully selected individuals to become manual handling Instructors, it can be more cost effective to the organisation.

The course requires delegates to participate in individual and group exercises as well as demonstrate many of the theoretical and practical exercises outlined in the course. The course is highly interactive and also includes various multimedia presentations.

## WHO SHOULD ATTEND

This course is well suited to Safety Managers or Representatives, Human Resource Managers and/or any other personnel wishing to develop their knowledge of manual handling, communication skills and instructional methods. Delegates must have either previously attended a manual handling course or have experience of correct manual handling techniques.

## COURSE DURATION

PFA Consulting offer this course over 3 days.

## COURSE OVERVIEW

On completion of the course delegates will:

- Have a good knowledge of the theoretical background on the current issues concerned with manual handling.
- Be able to communicate the practical application of manual handling skills over a wide range of situations.
- Be able to set up learning situations in order to demonstrate their knowledge and skill of manual handling principles.

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PFA Consulting has a rolling schedule for Health and Safety courses. For further details on this course or to arrange a meeting to discuss your requirements:

- Call our training co-ordinator on 01793 828000
- Email us on [training@pfapl.com](mailto:training@pfapl.com)