

# 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

## 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**

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