



## 2 Day Client Handling Risk Assessor Course

### Objectives:

- To cover the requirements of the Manual Handling Operations Regulations 1992 (as amended)
- To set out a strategy of action towards implementing the Regulations
- To equip each individual with sufficient knowledge to organise and carry out client handling risk assessments.

### Overview of Course Contents:

Below shows only an overview of the contents of the 2 day Client Handling Risk Assessor Course. If you would like to review the full course schedule including timings, please contact one of our technical advisers on 0208 939 5712.

The course is designed to focus on developing delegates' practical assessment skills. Time is set-aside at the end of each day to consolidate and revise what has been taught during the day's training. Day 2 includes a final revision session and written appreciation test. Certificates are issued on attendance and successful completion of each course.

### Day 1: Theory and Interactive Practical Sessions (focus on risk assessment)

#### Need for Manual Handling Risk Assessment

- Prevalence of manual handling injury – facts and figures
- Identifying the issues and committing to action

#### Musculoskeletal System

- Basic anatomy
- Injury - facts and fiction
- Work and home - the human impact

#### Legislation and Responsibilities

- Legal framework
- Health and safety law - an overview
- Health and Safety and The Human Rights Act
- Guide to the Handling of People - an introduction to the fifth edition
- Manual Handling Operations Regulations 1992

## **Risk Assessment**

- Developing an 'ergonomic eye'
- Risk categories: task/load/environment/individual
- Identifying and assessing risk in the workplace
- Risk filter and risk assessment worksheets

## **Day 2: Theory and Interactive Practical Sessions (focus on risk assessment)**

### **The Hierarchy of Control Measures**

### **Handling Equipment and PPE**

### **Spinal anatomy and biomechanics**

- The body's building blocks
- Spinal mechanics and manual handling
- Leverage effect - musculoskeletal risk
- Dynamic postural awareness & best practice

### **Client handling assessment**

- Minimal lifting guidance
- Client assessment form design
- Client handling considerations
- Common pitfalls
- Group scenarios and solution finding
- Implementing safe systems of work

### **Staying Fit**

- Staying fit - stretching and strengthening exercises