

## **2 Day Lifting and Manual Handling ‘Key Instructor’ Refresher Course**

### **Objectives**

#### ***To update delegates in:***

- Current practical skills
- Statistics/legal cases relating to manual handling injury

#### ***To revise:***

- Anatomical knowledge
- Practical technique

#### ***To explore new ways of presenting and instructing:***

- Practical and theory relating to manual handling

#### ***To address:***

- Problems experienced by the trainers in their manual handling training sessions

#### ***To assess:***

- The trainers practical abilities and solve any practical issues

### **Overview of Course Contents:**

Below shows only an overview of the contents of the 2 day refresher training 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 techniques; therefore many of the teaching sessions involve practical interaction.

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 technique)**

#### **Analysis of Poor Lifting Technique**

- A step-by-step analysis
- Top heavy movement
- The battle of instinct vs. conditioned movement

#### **Taking the mystery out of musculoskeletal disorders**

- Cumulative trauma explained

### **Dynamic Handling Technique**

- Revision of the semi-squat
- Focusing the load to the legs
- Lifting from low/high areas, loads with handles, carrying loads
- Awkward loads: pushing the limits of technique

### **Pushing & Pulling Technique**

- A step-by-step analysis of poor pushing & pulling technique
- Upper body vs. lower body

### **Team lifting**

- Theory - 'why' behind the 'how'
- Team lifting applied

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

### **Presentation skills**

- Simple tips for effective presentations
- Delegate self-appreciations
- Delegate development

### **Technique Consolidation**

- Breaking the 'habit of a lifetime'
- The realities of training
- Common training pitfalls: knees/back/clothing restricting technique
- Problem loads (delegate driven)
- Group solution finding & discussion