



Course Syllabus

Manual Handling Instructors Course

This course is aimed at developing the skills of people with a responsibility for delivering safe and effective Manual Handling courses.

The course is two days in duration and provides candidates with not only the skills to be able to effectively deliver the course but also observation skill to be able to assess the students lifting techniques.

Course Content

- Lesson Planning
- Observation Skills
- Musculoskeletal Disorders
- The Spine
- Manual Handling Assessment
- Control Measures
- Lifting Techniques
- The Body Mechanics

The course involves candidates participating in the repetitive delivery of their lesson developed within the course. (This is done on the final day).

An In-house certificate will be awarded to all successful candidates who complete this course.

Next Step?

Contact our Learning & Development team at Aspen Wolf Ltd on 0191 581 1000 to discuss your specific training needs.