



Occupational
Physiotherapy
Solutions



MANUAL HANDLING INSTRUCTORS COURSE

*Leading to
QQI Level 6 Special Purpose Certificate in Manual Handling Instruction (6S0242)*

The **Manual Handling Instructors Course** is aimed at organisations that wish to **train a group of employees to be manual handling instructors.**

Training staff as **instructors in manual handling** can be an effective method of providing timely and relevant training in this important area.



This five day Manual Handling Instructor Course, covers the following three core modules over a period of two weeks:

1. Theory in relation to safer manual handling
2. Practical manual handling skills
3. Presentation/Instructional skills

COURSE CONTENT

- Relevant health and safety legislation
- The structure and function of the back and on how to keep the back healthy
- Mechanism of back injury and how to prevent injuries occurring
- The relevance of ergonomics to manual handling tasks

- Manual handling assessments and implementation of control measures
- Principles of safer handling
- Practical manual handling techniques
- Problem solving skills for more complex handling tasks
- Presentation/Instructional skills

WHY SHOULD YOU ATTEND?

The Manual Handling Instructor Course is a highly practical and interactive course which provides participants with the knowledge and skills necessary to develop and deliver effective manual handling training programmes in their workplace.

TARGET AUDIENCE

Course participants should:

- Preferably be in a supervisory or management role in their work area, in order to have the authority and credibility to deliver effective training courses and to facilitate change in handling practices when necessary.
- Have good communication skills, and be interested in doing the course.
- Not have any significant back, knee or other problems, which would restrict their ability to take part in the practical elements of the course, or to deliver effective training.

CERTIFICATE

- Leading to FETAC/QQI Level 6 Special Purpose Certificate in Manual Handling Instruction (6S0242) incorporating the FETAC/QQI Level 6 Component Certificate in Instructing Manual Handling (6N0233)
- Occupational Physiotherapy Solutions Certificate of Completion

DELIVERY METHODS

This five day face-to-face, interactive and practical course will be delivered using presentations, skills demonstrations and practice, peer discussions and problem solving sessions.

COURSE OPTIONS

- In-house course - details available on request to info@oops.ie

PROVIDED

- Comprehensive course notes which include the practical manual handling techniques.
- OPS manual handling PowerPoint training pack.
- Selection of OPS leaflets and posters relevant to manual handling.