

Manual Handling Trainer

Trainer Resource Handout
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About This Handout

This handout is designed for use by **Manual Handling Trainers** as a delegate resource. It covers the key knowledge areas, legislation, and practical skills required for the course. Delegates may retain this handout for future reference.

Learning Outcomes

By the end of this course, delegates will be able to:

- Understand manual handling legislation and employer/employee duties
- Conduct a manual handling risk assessment using TILE
- Demonstrate correct manual handling techniques
- Identify and prevent musculoskeletal disorders
- Deliver effective manual handling training

Key Legislation & Standards

Practical Skills & Key Points

Key Facts to Remember

