MAWA EVENTS

Address: No. 857, Block A2. Leisure Commerce Square - No 9., 46150 Petaling Jaya, Selangor, Malaysia

Phone: +601116373203 | **Email:** info@mawaevents.net

MANUAL HANDLING – INSTRUCTORS & ASSESSORS

""Equipping Safety Leaders to Train and Assess Manual Handling Excellence""

Schedule

Date	Venue	Fees (Face-to-Face)
27 – 28 Jan 2026	Doha, Qatar	USD 1995 per delegate
29 – 30 Jan 2026	Dubai, UAE	USD 1995 per delegate
13 – 14 May 2026	Manama, Bahrain	USD 1995 per delegate

► **Available delivery methods:** Face-to-Face & Online Training, In-House Training

Introduction

Manual handling incidents are one of the most frequent causes of workplace injuries across industries. Training skilled instructors and competent assessors is essential to delivering safe manual handling practices at the ground level. This highly practical two-day course is designed to develop in-house trainers and workplace assessors to deliver, monitor, and evaluate safe manual handling behaviors effectively.

Participants will gain deep understanding of ergonomics, biomechanics, risk assessment, and training delivery techniques. The course includes demonstrations, real-world lifting tasks, and simulation-based assessments to ensure every graduate is competent both technically and instructionally.

Objectives

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

- Demonstrate proper manual handling techniques in compliance with best practices.
- Conduct manual handling risk assessments for tasks and individuals.
- Deliver manual handling training sessions using adult learning principles.
- Assess workplace handling practices and correct unsafe behaviors.
- Guide workers in ergonomics and injury prevention strategies.
- Understand the legal and safety responsibilities of instructors and assessors.
- Complete training documentation and evaluation records effectively.

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Why Attend

- Gain qualification and confidence to instruct others in safe manual handling.
- Learn best practices in lifting, lowering, pushing, pulling, and carrying.
- Become certified to assess manual handling competency in the workplace.
- Reduce workplace injuries and claims by promoting safe handling culture.
- Align your company with international HSE and ergonomic standards.

Target Audience

This program is designed for:

- HSE officers, safety trainers, and coordinators
- Supervisors and team leaders
- Line managers with safety responsibilities
- In-house training and development staff
- Facilities and operations personnel involved in manual tasks

Individual Benefits

- **Key competencies that will be developed include:**
  - Delivery of safety instruction and demonstrations
  - Practical evaluation of manual tasks
  - Behavior-based coaching techniques
  - Risk-based assessment and documentation
  - Ergonomic education and workplace posture design

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Reduced manual handling injuries and related claims
- Greater internal capacity to train and assess handling behaviors
- Stronger compliance with HSE requirements and standards
- Enhanced safety culture and frontline awareness
- Reliable records for audits and regulatory reporting.

Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Lectures – Ergonomics, safety standards, and movement science
- Hands-on Demonstrations – Real lifting and handling drills
- Case Studies – Injury prevention and incorrect practice review
- Group Role Play – Simulated coaching and assessment
- Interactive Q&A Sessions – Feedback and problem-solving
- Practical Assessments – On-site handling observation with evaluation checklists

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Course Outline

Detailed 2-Day Course Outline

Training Hours: 7:30 AM – 3:30 PM Daily Format: 2–3 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

Day 1: Manual Handling Foundations & Training Skills

Module 1: Principles of Safe Manual Handling (07:30 – 09:30)

- Types of manual handling risks
- Anatomy and movement mechanics

Module 2: Legal Requirements & HSE Standards (09:45 – 11:15)

- Manual handling regulations
- Responsibilities of trainers and assessors

Module 3: Planning & Delivering Training (11:30 – 01:00)

- Adult learning methods
- Demonstration skills and training materials

Module 4: Training Practice & Feedback (02:00 – 03:30)

- Participant-led delivery practice
- Peer and instructor feedback

Day 2: Risk Assessment & Practical Evaluation

Module 5: Risk Factors and Assessment Tools (07:30 – 09:30)

- Task, load, environment, and individual (TILE) model
- Hazard identification and documentation

Module 6: Conducting Workplace Observations (09:45 – 11:15)

- Real-time task evaluation and ergonomics review

Module 7: Coaching and Behavioral Intervention (11:30 – 01:00)

- Correcting unsafe practices
- On-the-job feedback techniques

Module 8: Assessment Simulation and Final Evaluation (02:00 – 03:30)

- Live assessment of lifting task
- Final feedback and course wrap-up

Certification

Participants who complete the program will receive a **Manual Handling – Instructors & Assessors** , recognizing the development of practical and strategic financial expertise.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
- **Practical Insights:** Learn to turn theory into actionable strategies for real-world business impact.
- **Client-Focused Solutions:** Customized programs designed to achieve your organisation’s unique goals.

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