

## MANUAL HANDLING TRAIN THE TRAINER

*“Developing Competent Trainers to Promote Safe Lifting and Handling Practices”*

### Schedule

Date	Venue	Fees (Face-to-Face)
01 - 03 Jul 2026	Dubai, UAE	USD 2495 per delegate

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

### Introduction

Manual handling continues to be a major cause of workplace injuries, particularly in industries requiring frequent lifting, pushing, pulling, or carrying of loads. Empowering internal trainers to deliver high-impact, compliant manual handling training is essential for reducing musculoskeletal disorders and improving workplace safety culture.

This course equips participants with both technical knowledge and instructional skills to become certified in delivering manual handling training. Covering ergonomics, risk assessment, lifting techniques, and adult learning principles, the program ensures participants can confidently train others in safe manual handling practices.

### Objectives

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

- Understand key principles of safe manual handling and related legislation
- Identify hazards, assess risks, and recommend control measures
- Demonstrate proper lifting, lowering, and carrying techniques
- Design and deliver engaging manual handling training sessions
- Use visual aids, demonstrations, and feedback to enhance learner retention

## Why Attend

- Become an in-house certified manual handling trainer
- Reduce manual handling injuries and associated costs
- Comply with legal and occupational health requirements
- Improve workforce knowledge through practical training
- Support a proactive safety and prevention culture

## Target Audience

This program is designed for:

- Health and Safety Officers and Supervisors
- Team Leaders and Line Managers
- Occupational Health Advisors
- Internal Trainers and HR Personnel
- Any employee tasked with training others in safe manual handling

## Individual Benefits

Key competencies that will be developed include:

- Technical expertise in ergonomic risk reduction
- Effective training design and facilitation techniques
- Use of practical tools and visual teaching methods
- Assessment of learner performance and understanding
- Confidence to lead manual handling safety sessions

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Enhanced internal training capabilities in manual handling safety
- Improved employee safety performance and awareness
- Reduced injury rates and compensation claims
- Compliance with workplace safety and health regulations
- Consistent manual handling practices across departments

## Instructional Methodology

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

- Strategy Briefings - Manual handling hazards, laws, and ergonomics
- Case Studies - Common injuries and incident root causes
- Workshops - Practice safe lifting and risk assessments
- Peer Exchange - Practice delivering mini-sessions to peers
- Tools - Trainer checklists, training slides, and risk templates

## Course Outline

**Training Hours: 7:30 AM - 3:30 PM** Daily Format: 3-4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 - 02:00

### Day 1: Understanding Manual Handling and Associated Risks

- Module 1: Introduction to Manual Handling (07:30 - 09:30) • Definition, scope, and statistics • Impact of poor handling on health and operations
- Module 2: Legal and Regulatory Requirements (09:45 - 11:15) • OSH regulations, EU directives, ILO standards • Employer and trainer responsibilities
- Module 3: Anatomy and Risk Factors (11:30 - 01:00) • Musculoskeletal structure and common injuries • Risk factors in lifting, pushing, and pulling
- Module 4: Workshop - Manual Handling Risk Assessment (02:00 - 03:30) • Use of tools to identify and rate risks in job tasks

### Day 2: Techniques, Aids, and Practical Handling

- Module 5: Safe Lifting Techniques (07:30 - 09:30) • Body mechanics, posture, and task preparation • Team lifting and handling awkward loads
- Module 6: Handling Equipment and Controls (09:45 - 11:15) • Trolleys, lifters, slides - use and limitations • Substitution and mechanical aid strategies
- Module 7: Practical Handling Demonstrations (11:30 - 01:00) • Hands-on practice of safe techniques • Troubleshooting improper movements
- Module 8: Workshop - Technique Observation and Feedback (02:00 - 03:30) • Peer evaluation of technique demonstrations

### Day 3: Training Others - Design, Delivery, and Assessment

- Module 9: Adult Learning Principles (07:30 - 09:30) • Learning styles, motivation, and engagement • Designing inclusive and memorable training
- Module 10: Planning a Manual Handling Session (09:45 - 11:15) • Structuring sessions, setting objectives, using training aids • Timing, flow, and interactive content
- Module 11: Conducting and Evaluating Training (11:30 - 01:00) • Delivery tips, managing learner questions • Assessment tools and feedback
- Module 12: Final Presentations - Deliver a Training Session (02:00 - 03:30) • Participant-led sessions with feedback from peers and trainer

## Certification

Participants will receive a Certificate of Completion in Manual Handling Train the Trainer, validating their competence to safely instruct others in manual handling techniques and support workplace injury prevention initiatives.

## Why Choose MAWA Events

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### In-House / Customized Training

Interested in running this course for your team?

Please contact us:

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## MAWA EVENTS

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