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

"Train the Trainers: Master Safe Manual Handling Instruction and Assessment Techniques"

Schedule

Venue (InHouse)	Fees
At Your Organization Premises	Ask For The Quotation

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

Introduction

This comprehensive course is designed for individuals tasked with training and assessing others in safe manual handling practices. Emphasizing both instructional design and practical skills, participants will learn how to plan, deliver, and evaluate effective manual handling training in line with workplace health and safety (WHS) legislation. This course ensures instructors are equipped with the technical know-how and educational methodologies necessary to minimize injury risks and promote a culture of safety.

Objectives

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

- Understand the principles and legal frameworks governing manual handling.
- Apply risk management processes to manual handling tasks.
- Demonstrate safe manual handling techniques.
- Develop and deliver engaging manual handling training sessions.
- Conduct valid and reliable assessments of manual handling competencies.
- Fulfill WHS requirements for workplace training and assessment.

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Why Attend

This course is critical for those responsible for teaching manual handling techniques in any industry. Whether you\'re part of an occupational health team or an organizational trainer, this program gives you the skills to effectively train and assess while reducing injury risks across your workforce.

Target Audience

- WHS Officers and Coordinators
- In-house Safety Trainers
- Occupational Health & Safety Professionals
- Supervisors and Managers
- Anyone seeking to become a certified manual handling trainer and assessor

Individual Benefits

- Recognized certification to deliver manual handling training
- Enhanced instructional and assessment capabilities
- Stronger understanding of biomechanical risks and control measures
- Increased confidence in addressing workplace health and safety

Organizational Benefits

- Safer workplace with reduced injury claims
- Improved compliance with health and safety legislation
- Competent internal trainers equipped to deliver consistent instruction
- Reduced costs associated with external training providers

Instructional Methodology

- Instructor-led presentations and expert facilitation
- Practical demonstrations and hands-on skill sessions
- Group activities and role-playing scenarios
- Case studies and workplace simulations
- Assessment of instructional and practical competencies

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Course Outline

DETAILED 5-DAY COURSE OUTLINE (CUSTOMIZABLE)

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: Foundations of Manual Handling and Risk Awareness

- Module 1: Introduction to Manual Handling and WHS Legislation (07:30 – 09:30)
- Module 2: Anatomy, Biomechanics, and Injury Risk (09:45 – 11:15)
- Module 3: Hazard Identification and Risk Assessment (11:30 – 01:00)
- Module 4: Workshop – Evaluating Workplace Tasks (02:00 – 03:30)

Day 2: Safe Manual Handling Techniques

- Module 1: Lifting, Pushing, Pulling, Carrying Techniques (07:30 – 09:30)
- Module 2: Use of Aids and Equipment (09:45 – 11:15)
- Module 3: Demonstration and Peer Practice (11:30 – 01:00)
- Module 4: Practical Workshop – Task Simulation (02:00 – 03:30)

Day 3: Instructional Design and Training Delivery

- Module 1: Principles of Adult Learning (07:30 – 09:30)
- Module 2: Structuring a Manual Handling Training Session (09:45 – 11:15)
- Module 3: Developing Learning Materials and Visual Aids (11:30 – 01:00)
- Module 4: Delivery Practice – Peer-to-Peer Teaching (02:00 – 03:30)

Day 4: Competency-Based Assessment Practices

- Module 1: Introduction to Assessment Principles (07:30 – 09:30)
- Module 2: Designing Valid and Reliable Assessments (09:45 – 11:15)
- Module 3: Conducting Observational Assessments (11:30 – 01:00)
- Module 4: Practical Session – Mock Assessments (02:00 – 03:30)

Day 5: Integration, Evaluation, and Certification

- Module 1: Consolidation of Training Delivery Skills (07:30 – 09:30)
- Module 2: Final Practice Teaching and Assessment (09:45 – 11:15)
- Module 3: Feedback, Evaluation, and Improvement Strategies (11:30 – 01:00)
- Module 4: Final Assessment and Course Wrap-Up (02:00 – 03:30)

Certification

Participants who successfully complete all course modules and assessments will receive a Manual Handling Instructor & Assessor Certificate, compliant with WHS training requirements. Certification is valid for 3 years and includes practical and theoretical competency recognition.

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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In-House / Customized Training Interested in running this course for your team? Please contact us:	TEL: **+601116373203**	EMAIL: **info@mawaevents.net**

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