

Manual Handling — Training Delivery Pack

Deliver in house. About an hour. No external trainer needed.

This is the session content. Work through it, then test with MH-05 and assess practically with MH-06.

1. Avoid, assess, reduce (10 min)

- The law says avoid first. Training is not step one.
- Ask the group what we handle here that could be mechanised or delivered to point of use.
- Explain that a lifting course alone does not discharge the duty.

2. TILE (10 min)

- Task, Individual, Load, Environment.
- Walk through a real task on site using it.
- Record it. An unrecorded assessment did not happen.

3. Technique (20 min, practical)

- Feet apart, one slightly forward, close to the load.
- Bend the knees, keep the natural curve of the back.
- Secure grip, hug it close, lift smooth.
- MOVE THE FEET TO TURN. Never twist the spine.
- Practise with real loads from the actual workplace, not a demonstration box.

4. Team lifts (10 min)

- One person calls it, everyone lifts together.
- Match the people for height where possible.
- Agree the route and where it is going down BEFORE lifting.
- Practise a real team lift.

5. Your own limits (10 min)

- Guideline figures are filters, not safe limits, and never a legal maximum.
- New starters, pregnancy, existing injury and young workers need individual consideration.
- Report any pain the same day. Early is treatable, late often is not.

Trainer	Date	Duration	Location

Scope and limitations — read before use

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