Moving and Handling Risk Assessor: 2-Day Course

Train your own staff to carry out people moving and handling risk assessments

WHO IT IS FOR
Staff who will carry out moving and handling risk assessments for their organisation, typically key staff or managers in care homes, hospitals, home care, specialist schools and respite centres.

LENGTH AND GROUP SIZE
2 days, 9.15am to 4.15pm, for up to 10 delegates. A condensed 1-day course (up to 5) and a 1-day refresher (up to 10) are also available.

WHERE IT RUNS
On-site at your premises, using your own forms and equipment where possible.

CERTIFICATE
OFI risk assessor certificate, valid for 3 years. A refresher is due after 3 years.

DELIVERED BY
OFI's expert People Moving and Handling instructors, most of whom are also qualified physiotherapists or osteopaths.

ASSESSMENT
Two case studies (a load handling assessment and a client handling assessment) and a short written assessment.

Day 1: injury, the law and assessing risk

TIME	SESSION	CONTENT
9.15	**Why risk assessment matters**	• Course aims and objectives • The need for manual handling risk assessment • How common manual handling injury is: facts and figures • Identifying the issues and committing to action
11.00	Tea and coffee	
11.20	**The musculoskeletal system**	• Basic anatomy • Musculoskeletal injury: facts and fiction • How injuries happen and how they heal • The nature of manual handling injury, and its human impact at work and at home
13.00	Lunch	
14.00	**Legislation and responsibilities**	• The legal framework and an overview of health and safety law • Welfare legislation and the Human Rights Act • An introduction to The Guide to the Handling of People
15.00	Tea and coffee	

TIME	SESSION	CONTENT
15.20	**Assessing risk under MHOR 1992**	• The Manual Handling Operations Regulations 1992 • The ergonomic eye: task, individual, load and environment (TILE) • Identifying and assessing risk in the workplace • Risk filter, risk assessment worksheets and the HSE's MAC tool • Case study 1: a load handling assessment
16.15	**Summary and close**	

Day 2: controlling risk and assessing clients

TIME	SESSION	CONTENT
9.15	**Controlling the risk**	• Review of day 1 and discussion of case study 1 • The hierarchy of control measures • Handling equipment and PPE
11.00	Tea and coffee	
11.20	**The body at work**	• Spinal anatomy and biomechanics • The leverage effect and musculoskeletal risk • Dynamic postural awareness and best practice • Proactive approaches to musculoskeletal health
13.00	Lunch	
14.00	**Client handling assessment**	• Minimal lifting guidance • Designing client assessment forms, with examples • Client handling considerations • Case study 2: a client handling assessment, and finding solutions
15.00	Tea and coffee	
15.20	**Safe systems of work**	• Group discussion of case study 2 • Implementing safe systems of work • Written assessment
16.15	**Summary and close**	

Every course is tailored to your setting, your forms and your staff's roles, so content and timings may differ from this outline.