



SMART Handling

Training for Trainers

Description

This course equips your trainers to deliver engaging and pragmatic manual handling training sessions within your organisation using the SMART principles. The SMART principles are based on natural movement and encourage handlers to find their own safe way of handling. This makes it easier for handlers to adopt and to realistically embed SMART Handling within your organisation's health and safety and training system.

We provide delegates with the materials and skills to explain the SMART principles in theory and in practice. We work with them to develop practical training materials to show how SMART is applied to manual handling tasks that handlers do as part of their job.

Following the course, you will be allowed to use the SMART principles for continued internal promotion of safe handling.

Aim

Delegates will be able to deliver a 60/90-minute end-user SMART Handling session for handlers.

Objectives

Delegates will:

- Understand the SMART principles
- Explain and demonstrate the SMART principles in relation to Directions of Movement, using relevant workplace examples
- Tailor and run safe practicals that reinforce SMART principles relevant to the job
- Spot and encourage good handling, and know when to intervene to stop poor practice

Duration 2 or 3 Days

Modules

- Case for SMART Handling
- Theoretical training
- Science behind SMART
- Developing task directories and task cards
- Practical sessions
- Observing and correcting handling



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