

**ELEVATE HANDLING**

# TRAIN THE TRAINER REFRESHER COURSE

2024/25



0330 133 14 55  
ELEVATE-HANDLING.CO.UK

# **Confident Care Starts Here**

Elevate Handling is a moving and handling of people training and specialist service provider to acute and community care organisations.

## **What does Elevate Handling do?**

- **Moving and Handling of People Training**
- **Train the Trainer Courses**
- **Train the Trainer Refresher Courses**
- **Person of Size Training**
- **First Aid Training**
- **Complex Patient Moving & Handling Assessments**
- **Community Patient Weighs**

We provide a balanced approach to our CPD-certified training, integrating both theoretical knowledge and practical expertise.

We bring training sessions to life with our own deep insights and hands-on experience from supporting service-users in acute and community care environments.

Our trainers guide and prepare participants to lead training sessions and deliver care confidently, safely and with dignity.

**For more information about our services, please contact Lee Sherwood. Email [Lee@george-ivy.co.uk](mailto:Lee@george-ivy.co.uk) or call 0330 133 1455.**

# **Train the Trainer Refresher**

**Maintaining Competence. Strengthening Compliance. Supporting Safer Practice.**

Manual handling trainers play a critical role in shaping safer practice across health and social care organisations. As guidance, equipment, and workforce challenges evolve, it is essential that in-house trainers remain current, confident, and compliant in both theory and practical delivery.

Our Train the Trainer Refresher is designed to support organisations in meeting their legal duties while strengthening the competence and credibility of those responsible for delivering manual handling training.

## **Why Refresher Training Matters**

UK legislation places clear expectations on employers to ensure staff are trained, competent, and kept up to date. This includes refresher training for those who train others under the Manual Handling Operations Regulations (1992), the Health and Safety at Work Act (1974), and associated regulations such as LOLER and PUWER.

An up-to-date trainer is better equipped to deliver legally defensible training, apply current risk assessment principles, select and teach the correct use of handling equipment, and identify high-risk activities before incidents occur.

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## **Supporting musculoskeletal health and reducing incidents**

While training alone cannot eliminate musculoskeletal risk, effective and current manual handling education is a recognised control measure within a wider risk management approach.

Keeping trainers up to date helps reinforce safer movement principles, reduce variation in practice, and promote consistent use of handling aids and equipment.

Well-prepared trainers are more likely to influence behaviour, challenge unsafe practice, and contribute to a reduction in manual handling-related incidents, near misses, and staff discomfort over time.



Very Interactive.  
Tutor was very hands on, engaging and approachable.



Excellent delivery of theory and practical demo. Learnt so much.

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## **What's included in the refresher?**

- Update on current manual handling legislation and employer responsibilities
- Review of musculoskeletal disorder risk factors and prevention principles
- Reinforcement of TILE risk assessment and safer handling decision-making
- Practical review of core patient handling techniques
- Safe use and teaching of handling aids and equipment
- Hoisting principles, sling selection, and LOLER awareness
- Trainer competence review using a structured record of teaching
- Opportunity for reflection, discussion, and confidence building in delivery

**We can create a course tailored to your specific needs, including complex handling scenarios.**

**For more information or to book a course, please contact Lee Sherwood:**



Lee@george-ivy.co.uk



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# More Training Courses

## Train the Trainer Certification

This three-day course will provide you with the knowledge, skills, and confidence to train others in the moving and handling of people and in the conducting of manual handling risk assessments. This course has been updated to include guidance from the HOP 7 - ensuring the most up to date content.



## People Moving & Handling Training

Our suite of mandatory and statutory courses is meticulously curated to cover all essential aspects of patient handling. From basic manoeuvres to complex handling techniques, we equip care providers with the knowledge and skills they need to excel in their roles. Our commitment is to facilitate training that is not just a box to be ticked.



## Person of Size Training

Specialist Bariatric Training - Handling with Care and Dignity

At Elevate Handling, our training goes beyond just textbook knowledge. We offer a deep dive into real-world situations, providing practical tools and techniques that empower you to provide the best possible care. Our training modules are infused with empathy and respect, recognising the inherent dignity of every individual and promoting a culture of compassionate care.



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# **Confident Care Starts Here**

Let us support you to build a team of confident, compliant care givers with our practical, CPD accredited, empathy focused training.

We can create a course tailored to your organisation's specific needs, including complex handling scenarios.

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