



WATA Knows... and you can too!

## Health and Safety Courses

### Manual Handling Instructor Refresher Training – 1 Day

#### The WATA route to success

A one-day course designed to refresh those who have previously attended a Manual Handling Instructor training course at WATA, or elsewhere and need an update on preparing and running a short course in Basic Manual Handling training.

#### What does the course cover?

- Short training syllabus (half-day) – timings
- Manual Handling Operations Regulations
- Employer/employee responsibilities
- Practical training exercises
- Classroom and practical training techniques

#### Who is the course suitable for?

This course is to refresh those who have already attended a manual handling instructor training course.

Course Dates
2011: 2 Nov
2012: 16 Feb; 15 Jun; 30 Oct

**Course Fees: £225 + VAT per delegate**  
Including lunch, refreshments and course handouts

**Duration:**  
1 day (9:15 am to 4. 30 pm approximately - please arrive 15 minutes before the course is due to commence)

We provide training in a relaxed atmosphere at our training centre which is located in Huntingdon, Cambridgeshire