



NEBOSH HSE Certificate in Manual Handling Risk Assessment

Lesson plan

NEBOSH HSE Certificate in Manual Handling Risk Assessment
Unit MHR1 Lesson Plan
Version: sample
Published: January 2022

Approximate timings	Content and tutor activity	Aids and equipment	Learner activity
Element 1: Principles of manual handling			
09:55 – 10:15	The spine <i>Key theoretical information on components of the spine, types of mobility. Likely that learners will have no prior understanding/knowledge of this topic.</i>	Tutor led Slides provided Course book	Active listening and participation when required eg, questioning the tutor as and when required.
10:15 – 10:25	Common tasks and common injuries Activity: workplace examples of types of task. <i>Tutor may wish to incorporate morning break and re-cap/discuss learners' examples after break.</i>	Tutor led Slides provided Course book	Active listening and participation when required eg, questioning the tutor as and when required.
10:25 – 10:35	Morning break		