

Which Manual Handling Trainer Course Is Right for You?

Compare our two trainer options and choose the course that best matches your organisation's needs.

At NTS Training, we offer two routes for organisations that want to develop competent manual handling trainers. Both courses are designed to give you the knowledge and practical skills to deliver effective manual handling training within your organisation. The key differences are the level of qualification, course structure and depth of assessment.

What do you need?	NTS Manual Handling Train the Trainer	RoSPA Level 3 Award in Manual Handling Trainers course
Ideal for	✓ Organisations wanting to train an internal manual handling trainer	✓ Individuals/organisations wanting an OFQUAL regulated Level 3 trainer qualification
Course duration	✓ 2 days classroom	✓ 3 days classroom ✓ Overnight homework after day 1 & 2 ✓ 30 minute micro- teach day 2
Qualification / certificate	✓ National Training Services Instructor Certification	✓ RoSPA Level 3 Award
Certificate validity	✓ 3 years	✓ 3 years
Refresher Training	✓ 1-day RoSPA Assured Refresher	✓ 1-day RoSPA Assured Refresher
Prerequisites	X no prerequisites – tailored to all levels of experience	✓ Yes, better for people with some MH knowledge and previous training experience
Manual handling legislation	✓	✓
Manual handling principles	✓	✓
Safe handling techniques	✓	✓
Lifting, lowering, pushing, pulling and carrying	✓	✓
Kinetic handling techniques	✓	✓
Team lifting	✓	✓
Workplace risk factors	✓	✓
Biomechanical principles	✓	✓
Training session planning	✓	✓
Delivering training	✓	✓
Adapting training to different learners	✓	✓
Evaluating training	✓	✓
Practical assessment	✓	✓
Knowledge / theory assessment	✓	✓
Trainer resources provided	✓ All handouts, PowerPoint, lesson plan, step-by-step guide and trainer's manual provided.	X no, you are being trained to write your own course.
Suitable for all industries	✓	✓
Content reviewed by RoSPA	✓ yes, every 2 years	✓ yes, provided by them
Course price	£695 + VAT	£1052.00 + VAT
Have your operative training RoSPA Assured through our referral scheme after attending	✓ Yes	✓ Yes

Which course should you choose?

Choose NTS Manual Handling Train the Trainer if... £695.00 + VAT, per person.	Choose the RoSPA Level 3 Award if... £1052.00 + VAT, per person.
✓ Established course running for over 20+ years ✓ You want a 2-day trainer course. ✓ You need a practical route to developing an internal trainer. ✓ You want a ready-to-use package of trainer resources. ✓ You value ongoing post-course support. ✓ You want a cost-effective option for your organisation. ✓ You want to be able to deliver the course as soon as you finish on day 2. ✓ You would like to leave with a ready-made training course developed by a team of industry experts. The course is passed through ongoing trainer assessment and participation.	✓ New course from RoSPA ✓ You specifically require a formal Level 3 Award. ✓ You want a more extensive 3-day qualification and assessment process. ✓ You want to demonstrate achievement at Level 3. ✓ You want assessment that includes planning, writing and delivering a training session. ✓ You need an MH course recognised by NPORS ✓ You are happy to write your own manual handling operative training course after completion. This is a strict pass or fail course.

In simple terms

If your priority is a practical, shorter and cost-effective route to becoming a competent workplace manual handling trainer, our Manual Handling Train the Trainer course is an excellent choice.

If your organisation or role requires a formal Level 3 Award, or you want a more comprehensive qualification with a deeper assessment process, the RoSPA Level 3 Award in Manual Handling Trainers course is the stronger choice.

Not sure which option is right for you? Contact NTS Training and we can discuss your organisation's requirements and help you choose the most appropriate course.

Please note: This comparison is intended as a guide. Course content, delivery arrangements and pricing may be subject to change. Please check the current course information with NTS Training before booking.