

	Day 1
0830	Introduction
0900	Lesson 1 – Knowledge review
0930	Lesson 2 – PPE review
1000	Lesson 3 – Theory
1030	
1100	Lesson 4 – Measures to prevent injury
1130	Lesson 5 – Individual practical review exercises
1200	
1230	
1300	Lunch
1330	Lesson 6 – Practical exercises - group
1400	
1430	
1500	
1530	
1600	
1630	
1700	Training review