

Manual Handling

12 Delegates

3 Hours

To comply with current Health and Safety legislation, staff engaged in manual handling must be given training in safe manual handling techniques. This training will show your staff how to carry out manual handling tasks correctly and therefore avoid back injuries. By training your staff how to conduct manual handling safely you are complying with your legal requirements. Back injuries caused by incorrect manual handling techniques are one of the most frequent causes of workers compensation claims. This is not an instructors' course. It is of 3 hours duration.

Who should attend?

All staff engaged in manual handling activities during their working day

Course Objectives

On completion of this course participants will be able to:

- Lift and handle loads safely
- Recognise a load which is too heavy or awkward

Course Programme

- Dangers of careless and unskilled methods
- Principles of levers and laws of motion
- Anatomy of the spine and muscular system
- How the body is harmed through incorrect handling techniques
- How to handle loads safely
- Lifting to and from ground level
- Lifting to and from a height
- Pushing
- Pulling
- Lifting (bags, sacks, barrels, where appropriate)
- Other organisation specific lifting tasks
- Competence testing

Methods of Training

This course combines lecture methods with “hands-on” practical work with different types of materials.

Pre-course Requirements:

None

Assessment/Certification

Each participant will be assessed on their practical manual handling techniques. A completed manual handling assessment form for each participant will be supplied to their employer.

Please let us know if participants have any specific learner requirements.