

## **Manual Handling**

### **Course Content**

- The Regulations
- Spine and Related Injuries
- To Lift or not to Lift? (Risk Assessment)
- Correct Lifting
- Alternatives to Manual Handling
- Practical Exercises

### **Number of delegates**

Up to 12

### **Course Duration**

1/2 Day

### **Assessment**

Candidates must demonstrate a willingness to learn through interaction and practical exercises

### **Certification**

On successful completion of this course and assessment, each candidate will receive a certificate of attendance and course notes