



# First Class Safety Training

Training today for a safer tomorrow

## Training Course Specification

Course Title	Manual Handling Training
Course Description	<p>This course is designed to provide participants with the knowledge and practical skills required to safely lift, carry and move objects in the workplace. The course covers the risks associated with manual handling tasks, proper techniques to reduce injury, the importance of posture, equipment and team lifting. Participants will learn how to assess risks, implement safe handling practices, and reduce the likelihood of musculoskeletal disorders (MSDs) and other workplace injuries.</p>
Course Duration	4 hours
Max no of participants	12
Who should attend	Anyone in the workplace
Pre-requisites	N/A
Course Content	<ul style="list-style-type: none"><li>• Understand the risks associated with manual handling tasks</li><li>• Identify and apply the correct techniques for lifting, carrying and moving objects safely</li><li>• Use of assistive devices to support manual handling tasks</li><li>• Assess and mitigate risks associated with manual handling</li><li>• Promote safe manual handling practices</li></ul>
Assessments	<p>Delegates will be continuously assessed throughout the course, to ensure they have met the learning outcomes. Learning objectives are also reinforced through written answers.</p>
Course Costs	TBA – Quote upon request

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