



Manual Handling

Our Manual Handling course is aimed at providing an overview of the risks associated with Manual Handling and assisting in identifying control measures to reduce the level of risk. It will also provide a sound knowledge of correct manual handling technique and raise awareness of the impact of poor technique when performing manual handling tasks.

This course is aimed at those who have been identified with the need to perform manual handling tasks in the workplace or those who will supervise the activity of manual handling.

Course Content:

The course will cover the following learning outcomes:

- Overview of legislation: Health & Safety at Work Act 1974, Management of H&S at Work Regulations 1999, The Lifting Operations and Lifting Equipment Regulations 1998, The Provision and Use of Work Equipment Regulations 1998
- Basic Anatomy and Physiology – including the Musculo Skeletal System
- Ergonomics
- Correct Manual Handling Technique
- Individual needs – those at increased risk
- Risk Assessment – TILE
- Principles of prevention

Test of knowledge

There is an end of course test to ensure the learning outcomes have been met.

On successful completion of this course Learners will be issued with a certificate of attendance.

Duration:

½ day