

## Manual Handling Course

This course is approximately 3- 3.5 hours dependant on group sizes and is delivered using the latest multimedia equipment and incorporates theory, practical and DVD to cover the topics which make for a very enjoyable course.

**Course Duration:** Half Day

**Certification:** Manual Handling Certificate

### Course Objective:

- This half day course is designed to offer a cost effective way of training your staff in-house whilst giving them a more in depth look at the risks involved with manual handling tasks.

### Course Outcomes:

Including the following topics:

- Employer and employees duties regarding manual handling and discuss Manual Handling Regulations 1992;
- Why manual handling injuries occur and the different areas of the body that are affected. Including statistics of injury and lost days from work;
- Anatomy of the spine and back injuries. Identify manual handling hazards;
- Correct lifting techniques, demonstration and practical exercises including team lifting.

### Target Audience:

- Every individual whose profession requires them to carry out activities which involve the safe moving and handling of people or objects

### Pre-requisites:

- None

### Course Accreditation:

- First Rate Training (In-house)

### Course Summary:

- To provide delegates with the knowledge and understanding to assist them in the movement of an inanimate object;
- Outlining both the duties of the employer and employee with regards to the Manual Handling Regulations 1992;
- Illustrating correct lifting techniques to avoid injury, including practical team lifting exercises.