



MANUAL HANDLING COURSE

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

Course Duration: 1/2 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

- 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 and 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