



Manual Handling

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Course description

This course is designed to give delegates the opportunity to rethink the way they lift and handle items at work, to explore safer ways to do so and enable delegates to understand the importance or the need to plan out a way to carry out tasks with the opportunity to practice kinetic methods in the workplace.

Who should attend this course?

All personnel involved in manual handling and lifting at work and employees responsible for the Health and Safety of fellow staff at work.

Course content

- State the current legislation on manual handling operations.
- Demonstrate the effect on the spine of the correct and incorrect lifting techniques.
- Demonstrate the correct manual lifting and handling techniques.
- The course outlines employer and employee duties.
- Spinal awareness, injuries and their causes.
- Consideration to be taken before lifting and handling tasks and assessing such task and risks.
- Correct lifting and handling techniques will be demonstrated and followed by practical lifting and handling and include team work/lifting.

Prerequisites

No previous experience is required.

Duration

This is a half-day, instructor-led course.