

Background

Manual Handling activities at work are a common cause of workplace accidents and longer term disorders such as back pain and reduced mobility. Basic health and safety training often provides a good introduction to manual handling awareness, but the importance of this type of health and safety hazard should be the subject of a focussed training for anyone involved in manual activities.

Who Should Attend

It is aimed at those who carry out manual handling activities at work and introduces students to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment. Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

Course Objectives

By the end of the session, students will be able to:

- Explain what is meant by the term "manual handling" and give examples
- Explain how manual handling can cause injury and give examples.
- State the principles for controlling manual handling risks and apply these in a practical context.
- Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment, and what employees can expect of such assessments
- Demonstrate an understanding of the main provision of the Manual Handling Operations Regulations 1992

The Award

The course tutor will carry out an on-going assessment and successful students will receive a certificate recognised by the CIEH.

Programme

The course will be delivered over a 4 hour period at your convenience.

Course Venue

This programme may be run either on-site or at one of our UK training venues.