

Manual Handling

Duration: ½ day

The training commences with providing essential underpinning knowledge and practical skills in a safe, as near to real life environment. Simulation is as realistic as possible and uses a range of relevant loads which may be encountered within the work place.

The course will be run in a participative manner to get involvement and emphasise the personal benefits of taking action.

A full set of learning materials is provided to each delegate in support of the learning and to take away at the end of the course.

An attendance certificate will be issued to each Delegate on successful completion of the course.

Programme Aim

On successful completion of the course participants will be aware of correct handling techniques; this will enable delegates to have a better understanding of the following:

- Injuries associated with manual handling
- A simple overview of the anatomy of the lumbar spine - re-emphasises personal implications of good and bad technique
- Team handling
- Good handling techniques

Course Content

- Manual Handling and the law
- Spinal awareness
- Keeping your back healthy
- Principles of safer manual handling of loads and equipment
- The process and value of risk assessment - how it applies to safe manual handling practice
- Ergonomics
- Manual handling hazards, risks and controls
- How manual handling operations can cause injury and harm