Manual Handling Awareness

An introduction for those in need of training in manual handling and general awareness

Our course focuses on good lifting and moving techniques along with the legal requirements of both the employer and the employee. Delegates will be introduced to techniques which will help to minimise risk such as using mechanical aids and adopting better posture. All delegates will participate in a practical lifting session with our trainer to develop good practice.

Our Manual Handling Course provides the necessary information and training for organisations to comply with the Health & Safety Executive Guidelines for Manual Handling at work. Our course focuses on the need to consider a range of factors in order to assess the risk of injury in any manual handling task and reduce the potential for long-term absence and detrimental injury.

Who is this course for?

Any employee whose work requires them to undertake manual handling tasks, for instance the lifting, putting down, pushing, pulling, carrying or moving any load by hand or by bodily force.

Our course will cover:

- Manual Handling Regulations
- Accident rates and injury types
- The responsibilities of the employee and employer
- Anatomy of the spine
- Basic day-to-day principles of manual handling
- Team lifting
- Accessories and aids to lifting and moving
- Practical session: good lifting posture and lifting strategy

DID YOU KNOW?
Almost 20% of all non-fatal injuries reported to the HSE each year, are down to muscular skeletal disorders?

Our 3-hour manual handling training is designed to guide candidates around good lifting techniques, with emphasis on integrating these into everyday personal and working practices, to minimise the risk of injury. After completing the training, delegates receive a certificate from WorkSafe Training Systems.

Book on one of our open courses or discuss a group booking for training at your venue.

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Cost per candidate: £70
Dates: Feb 20 | July 16 | Aug 12 | Oct 23

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