



Manual Handling Awareness

Back injuries are still one of the biggest causes of work related injury and absenteeism. The half-day course is designed to ensure that all employees whose job involves manual handling are aware of correct lifting techniques and government guidelines for safe lifting.

Who will benefit?

The course is non-industry specific and is suitable for any employee whose job involves manual handling activities, including lifting, carrying, pushing and pulling heavy or awkward objects.

Course Objectives

The course will introduce delegates to the hazards of manual handling, the risks involved and controls available to help prevent injury.

Course Content

Manual handling risks in the work place

An overview of the different types of lifting activities, including those relevant to the attendees, and the regulatory requirements.

Manual handling injuries

An overview of the types of injury and long term ill-health issues associated with manual handling and the legal aspects of good manual handling management.

T-I-L-E

An outline of the four factors that contribute to good manual handling practice.

Manual handling risk assessment

The value of risk assessments and how it applies to safe manual handling practice.

Manual handling techniques

Correct manual handling techniques covering all aspects of lifting and carrying objects, including team-lift and practice exercise.

Certification

Delegates who attend the course will receive a SSFB certificate of attendance.

Course information and bookings

This half-day course costs £ 95 plus VAT per person and includes course handouts and attendance certificate.

For more information, dates and venues telephone 0333 321 0131

