

Manual Handling Training

This is a ½ day course, which instructs employees in the theory and practice of safe manual handling. To comply with the 2007 Manual Handling Regulations, staff engaged in manual handling must be given training in the safe handling of loads.

On completion of this course participants will be able to:

- Recognise a load which is too heavy or awkward
- Understand the limitations of the spine and muscular system
- Lift and handle loads safely.

Course Content

- Dangers of careless and unskilled methods
- Legislation
- Principles of levers and laws of motion
- Anatomy of the spine and muscular system
- How the body is harmed through incorrect handling techniques
- Importance of physical fitness
- Personal Protective equipment
- How to handle loads safely
- Practice in safe handling of loads
 - Lifting to and from ground level
 - Lifting to and from a height
 - Pushing
 - Pulling
 - Lifting bags/sacks or other loads appropriate to the workplace

Methods of training

This course combines theory with ‘hands-on’ practical work with different types of materials.

Duration

½ day (3 hours)

Maximum number of participants

12