

MANUAL HANDLING COURSE OUTLINE



COURSE CONTENTS

- What is Manual Handling
- Human Kinetics – Techniques of Safe Lifting
- Explanation including accident statistics
- Demonstrations and practice by delegates
- Individual lifting and team tasks
- Assessment of Load
- Standards
- Protection
- Good housekeeping
- Reporting of defects
- Environmental Conditions
- Access
- Lighting

COURSE CONTENTS (cont.)

- Temperature
- Noise and vibration

COMPLIANCE

This ½ day course is designed for anyone who performs manual handling as part of their employment. It introduces delegates to methods and safe techniques of working. All participants gain **practical experience** and **assess the risks** of manual handling.

Courses can be arranged at customer premises if multiple staff require training.

Additional Information

The course runs 8.30am until 12.30pm
Car Parking facilities are provided
Refreshments are provided at Waterside
This is a ½ day course