

2 DAY COURSE

MANUAL HANDLING RISK ASSESSMENT COURSE

Risk Assessment to help reduce the risk of back injuries and complying with HSE regulations

Comply with the legislation and help prevent injuries and ill health at work

Help your staff to understand the causes of BACK PAIN and learn SAFER handling techniques.



COURSE OBJECTIVE

To provide Risk Assessors with an understanding of the role of Manual Handling Risk Assessments in preventing back injuries, proficiency in carrying out a risk assessment and the necessary skills and knowledge to reduce any risks identified in the workplace

COURSE CONTENT

This course covers the legal requirements of risk assessments, the health issues that can arise from lifting and handling and how to use a risk assessment process to identify and minimise problems. It covers the main aspects of lifting and handling including workplace layout, environmental factors, and work techniques. It also deals with effective ways to reduce back injuries through selection and training in equipment, lifting techniques and working habits.

WHO SHOULD ATTEND

This is a course for line managers and anyone responsible for undertaking Manual Handling Risk Assessment at work. Delegates must be able to communicate well and have a practical approach to problem solving.

COURSE PROGRAMME

Risk assessments + legal requirements	Introduction to the risk assessment process. Understanding the principles of a risk assessment and the legal framework of the legislation,
Risks of back injury	Understand how back injuries occur, what aspects of manual handling are important. What makes the spine susceptible to injury and how to prevent injuries.
Ergonomic principles + practice.	The principles of ergonomics and how to apply it to the workplace. Looking at workplace layout, working techniques, equipment used and body position.
Conducting a Risk Assessment	Understanding the principles of a risk assessment. Conducting a risk assessment in the workplace. Looking at all aspects - the object, tasks, environment, load, and person.
Controlling the risks at work	Identifying risks and understanding the principles of ranking risks. How to implement effective controls - using the participatory approach.
Managing the Risk Assessment process	Reviewing and recording a Manual Handling Risk Assessment. Selecting and implementing changes to reduce the risks and measuring effectiveness.

Make sure you understand and comply with the law!
BOOK YOUR PLACE ON THE TWO DAY MANUAL
HANDLING RISK ASSESSMENT COURSE TODAY.

Call now on: 0845 450 7316



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