

1/2 DAY COURSE

SAFER MANUAL HANDLING

For all staff who undertake manual handling such as lifting or carrying at work

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

Help reduce BACK PAIN and ABSENCE from work.



COURSE OBJECTIVE

This course is part of the Health Safety requirement to provide training and information to all staff involved in manual handling at work. It ensures the skills and knowledge necessary to help prevent injuries and ill health and to help improve productivity and performance

COURSE CONTENT

This course covers the health risks from manual handling. Why the spine is susceptible to injury and what are the personal and work risk factors that are associated with back pain. It covers the main aspects of manual handling including preparation, foot placement, hand placement, body position, knowledge of the load, environmental issues, workplace layout and lifting techniques,

WHO SHOULD ATTEND

This is a course for everyone who is required to undertake manual handling including lifting and carrying at work. Delegates do not need any previous knowledge or training.

COURSE PROGRAMME

Back Pain	Understand the causes of back pain. Why it occurs and what are the contributing factors. Consider the individual risk factors, and the work risks factors
Risks of back injury	What aspects of manual handling are important. Looking at workplace layout, working techniques, equipment used and body position.
Ergonomic principles	The principles of ergonomics and how to apply it to the manual handling. Review existing lifting techniques, identify possible problems and look at ways to reduce the risks
Safer Manual Handling	Demonstration of safer handling techniques. Covering foot placement, hand placement, position of the load, knowledge of the load as well as planning and performance
Practical Session	Practical session in the workplace looking at the ways manual handling is carried out and implementing new techniques. Practice in small groups.
Review	Review session and Question + Answer Time.

Make sure you understand and comply with the law!
BOOK YOUR PLACE ON THE 1/2 DAY SAFERMANUAL HANDLING COURSE TODAY.

Call now on: 0845 450 7316



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