

Manual Handling

Who is the course Aimed At?

This course is for any person at risk from manual handling activities.

Course duration

2 Hours – theory. Additional ½ to 1 hour for practical application.

Objectives

To learn how to understand the risks from manual handling and how to complete tasks safely.

Training Course Content

- Understand the relevant legislation
- Increase awareness of safe manual handling and risk assessment
- Identify the skills and techniques involved in manual handling
- Understand the types of injuries poor manual handling can cause
- Site and task specific manual handling techniques

All training is customized to the client and includes a scoping session and use of company related documents, e.g. risk assessments/method statement, if required.