



Manual Handling & Safe Lifting

Overview

Manual handling training courses provide essential training in safe methods of lifting and carrying for those employees who undertake manual handling activities, thereby reducing the risk of injury and costly absenteeism.

The courses will provide sufficient knowledge and practical demonstrations in manual handling techniques allowing candidates to avoid injury and companies to comply with legislation.

This course is aimed at those who carry out manual handling activities at work and introduces delegates to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

Who Should Attend?

All employees carrying out handling tasks should attend. In particular, warehouse staff, order pickers, post room personnel, production and maintenance workers, care assistants, construction workers etc.

Course Content


The following is covered during the course:

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations

Successful completion will prepare delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in cooperation with their managers and supervisors.

The qualification is not intended to train students to carry out manual handling assessments nor provide detailed training on handling techniques.



 **DURATION**
Half Day

 **QUALIFICATION**
Certificate of Competence

 **PRICE**
Call for Prices

For further information on dates, locations and prices please call us on 0845 1307411

This information is for guidance purposes only courses may be subject to change after publication.

