

Course Overview

Manual Handling

Number of Candidates: 1 – 10

Course Duration: ½ day

Course Outcome: Certificate

Introduction

This course is designed for anyone who is involved in manual handling in the workplace i.e. employers, managers, supervisors or operatives.

Aims & Objectives

To course aims to provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and the potential consequences of poor practice.

Course Delivery

This course is delivered through classroom-based tutorials including discussions, group exercise, supporting videos and commentary.

Locations

The course can take place at ITS PLANT TECH or can be delivered on your premises or a location suitable for you.

Certification

ITS Plant Tech Ltd accredited certificate

Candidate Eligibility/Entry Requirements

It is important that all candidates have a good understanding of spoken and written English.

Additional Information

Candidates should bring appropriate PPE



COURSE PROGRAMME

The Manual Handling course covers the following:

- Responsibilities under the Health & Safety at Work Act 1974 and manual handling regulations
- Accident statistics
- The functions of the spine and muscular system
- Typical injuries caused by poor practice
- Hazard identification and assessment of:
 - the task
 - an individual's capabilities
 - the load
 - the working environment
- Correct handling techniques

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