

Manual handling (an introduction to)

This course is designed to help delegates recognise and better understand manual handling risks that may be present in their working environment. It provides the basic information on how best to undertake manual handling and methods to reduce risks identified.

Overview

3 hour* - Maximum of 12 delegates per course

Outcome

Our expert trainers will ensure that you and your staff have a full understanding of everything presented in this 3 hour course.

Delegates will be able to demonstrate basic suitable manual handling techniques. They will also understand legal requirements and the risk factors associated with manual handling as well as the basic anatomy of the back and health issues.

Who should attend?

Anyone who has to undertake simple manual handling of objects as part of their job.

*May run shorter depending on the number of delegates attending and the practical activities covered.

Hosted course - £495.00

You choose the date and provide the venue, usually your premises, and we provide the training and any necessary equipment.

For more information and bookings:

email: training@posturite.co.uk

or call: **0345 345 0010**

Content

- **Introduction**
 - Definition
 - Why the need for manual handling training
 - Manual handling statistics
- **Legal requirements**
 - Health and Safety at Work act 1974
 - Manual Handling Regulations 1992
- **Anatomy and health issues**
 - Functions of your back
 - Back structure
 - Common problems associated with the back
 - Lever principle
- **Manual handling risk assessments**
 - TILE approach
- **Ways to improve manual handling tasks**
- **Good handling techniques – theory**
- **Practical session**
 - Starting with basic box lifting and progressing to other occupational load lifts if a sufficient level of competence has been demonstrated.