

MANUAL HANDLING

LEGISLATION

Manual Handling requirements are set out in the Safety, Health and Welfare at Work (General Applications) Regulations 2007. Manual Handling should be avoided and reduced where possible, but when avoidance or reduction is not an option, training is required.

ABOUT THE COURSE

This manual handling course is intended for all personnel involved in the movement of loads. The course lasts 2.5 – 3.5 hours and is given by a qualified, experienced manual handling instructor. Upon successful completion of the course, the learner will be issued a certificate, which is valid for a period of three years.

COURSE CONTENT

The course content is aimed to provide the learner with proper techniques when lifting, carrying, loading, pushing and pulling. Topics covered include:

- Legislation
- Anatomy and back care
- Posture and Fitness
- Risk Assessments
- Principles of safe moving
- Skills demonstration

DELIVERY

- Instructor led, but very interactive course with active participation
- PowerPoint presentation
- Video reinforcement of topics covered
- Use of props, including spine