

Manual Handling

Course Duration : 1/2 day

Course Content:

- Legislation—Manual Handling Operations Regulations/Code of Practice
- Employer and Employee duties
- Risk Assessment terminology, procedures and documentation
- Manual Handling accidents—causes and prevention
- Accident analysis—types, parts of the body, industry specific
- Manual Handling DVD presentation
- Demonstration aids—full spine, kinetic ken model
- Kinetic lifting techniques—most efficient use of the human body

Who should attend:

- All employees involved in physical manual handling and those planning such activities—hazardous manual handling should be eliminated wherever is reasonably practicable

Benefits of Attendance:

- This course will help Employers to demonstrate compliance with their statutory duty to ensure that all employees must be competent in the work they are asked to perform
- Manual Handling injuries are the biggest cause of “over 3 day” injuries in the workplace and the guidance provided on this course will help your employees to work safely whilst manual handling

Enright Access Solutions Ltd

Telephone: 0151 922 3976 Fax: 0151 922 2199



IOSH Accredited Course

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