

Manual Handling Awareness Training Course

Who is this course for?

This course is for any person who is involved in manual handling in the workplace.

Course Aims

Delegates will gain an understanding of the process of lifting and moving, be able to identify risks and determine the safest method of handling without injury.

Course Agenda

This course will meet the needs of anyone whose work involves lifting or moving loads. The Manual Handling Operations Regulations 1992 require all employers to carry out training for staff who lift or move loads. This course helps to ensure that you comply with this legislation.

This half-day programme can be tailored to company needs and delivered at your own premises or at our dedicated training centre.

- Introduction to manual handling
- Lifting and carrying safely
- Techniques to avoid injury and strain
- Manual handling risk assessment explained
- How this applies to you
- Lifting and carrying in special situations
- The use of equipment
- How to recognise and avoid potential problems
- Responsibilities of employers and employees

Certification

Delegates successfully completing the course will receive a Certificate of Attendance.