

Manual Handling Awareness Course (1/2 day)

Course Overview:

The law requires all employed/self-employed staff to have adequate Manual Handling training. This course will cover all aspects of manual handling - any activities requiring the use of force exerted by a person to lift, lower, push, pull, carry or otherwise move, hold or restrain a person, animal or object.

Course Outcomes:

- To gain an understanding of how to risk assess a manual handling task
- Refresh lifting techniques regardless of the item and location
- To understand the HSE Manual Handling legislation and how it impacts on you

Course Content:

- Manual Handling risk factors and how injuries can occur
- How to carry out safe manual handling techniques
- Appropriate systems of work for the individuals task and environments
- Practical work to allow the trainer to identify and put right incorrect technique

Course Benefits:

- Greater number of employees aware of manual handling techniques within the workplace
- Decrease the chances of back related illnesses within the workplace
- Decrease number of sick days lost to back injuries
- Decreasing the chances of employees insurance claims if all staff members are adequately trained

Course Assessment:

Continuous assessment throughout the course by approved Trainer/Assessor

Course Progression:

After this course you may wish to progress to a Health and Safety Level 2 course.

Duration:

This course runs for 3 hours

Cost: £75 per delegate, corporate bundle rates available

Contact us for advice, more information or to book a course:

Or you can visit our website www.mhwsolutions.co.uk

Email us at enquiries@mhwsolutions.co.uk

Call us on 07776 912631 or 07735 498348



