



In – House Training

SAFE MANUAL HANDLING TECHNIQUES

This intervention is for those employees who conduct as part of their duties in the workplace, manual handling activities and is suitable for employee at all levels within the organisation.

Course content:

Successful completion of this training intervention will prepare delegates to look critically at their own work activities and contribute to the development of safer methods and practices, in collaboration with their supervisors and managers. The qualification is not intended to train students to carry out manual handling risk assessments, but to teach correct lifting and carrying techniques.

Course content:

- The process of manual handling in the workplace.
- The causes of manual handling injuries in the workplace and the activities which cause them.
- 'TILE', manual handling assessment and control options.
- The responsibilities imposed by the Manual Handling Operations Regulations and the Health and Safety at Work Act 1974.
- Anatomy of the spine and the causes of back pain.
- Principles of safer manual handling
- Unsafe systems of work
- Manual handling Risk Assessment
- Demonstrations and practice
- Practical Evaluations

On completion of this course delegates will:

- Know how to look after their back properly.
- Know how to move loads with safety and confidence.
- Have a sound knowledge of manual handling principles and techniques.

Course duration: Half Day.

Assessment:

Delegates will be assessed on their competence through a practical demonstration to the instructor on manual handling techniques and by the completion of a multiple choice examination where a score of 80% is required to achieve a pass.



For more information contact:

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