

Manual Handling

Overview

This half day training course covers the obligations under the Manual Handling Operations Regulations 1992 for employers to take appropriate steps to reduce the risk of injury to employees – this includes suitable training. The Practical Manual Handling course covers hands-on elements of the subject and teaches learners techniques to lift, carry, push and pull objects safely within their individual capabilities. Wherever possible objects from the learners own work situation will be used in practical activities.

Course Content

- Identify and understand the risks associated with manual handling
- Learn the value of the plan and prepare approach to manual handling
- Make recommendations to manage risks
- Apply the principles of safer handling to a range of everyday manual handling tasks

