

## Outline

- A half day course delivered at Growtrain or on client's site.
- Covers the obligations under the Manual Handling Operations Regulations 1992, for employers to take appropriate steps to reduce the risk of injury to employees
- Hands-on elements of the subject and teaches learners techniques to lift, carry, push and pull objects safely within their individual capabilities, covered within the HSE Manual Handling at Work document.
- Wherever possible objects from the learners own work situation will be used in practical activities.
- Please notify us of any delegate disability or additional needs which may require reasonable adjustments.
- Cost £65 plus vat per delegate
- [Booking Form](#)

## Topics Covered

- Introduction to manual handling
- Legal duties relating to manual handling in the workplace
- Assessing manual handling activities
- High-risk manual handling activities
- Reducing manual handling risks
- Practical manual handling techniques

## Prerequisite

- Please wear suitable clothing for practical involvement

## Refreshments

- Tea, Coffee and soft drinks provided at Growtrain

## Useful Links

- [Manual Handling at Work - A brief guide HSE Jan 20](#)