

Manual Handling

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Ltd

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Summary

- Half day course
- Certification valid for 12 months

Course Description

The Manual Handling course is designed to provide participants with an understanding of how to handle safe loads. It covers practical aspects of lifting, lowering, carrying, pushing and pulling loads. It also provides information on the human spinal system, risk assessment, the legal responsibilities of employers to their employees and techniques for the prevention of accidents.

Skills:

- Good lifting techniques
- Lifting boxes & sacks
- Pushing & pulling
- Handling unusually shaped objects
- Teamwork
- Using lifting aids
- Guidelines for Manual Handling
- Risk Assessment
- Legislation
- Additional Factors
- Biomechanics
- Ergonomics

*Call us direct for available dates
and possible discounts for
multiple candidates or if you
have any queries.*

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Approved HABC Centre