

# Moving & Handling of People

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### Summary

- Half day course
- Certification valid for 12 months

### Course Description

Moving & Handling of People course is designed to provide participants, particularly in the Health and Social Care industry, with an understanding of how to handle safely. It covers practical aspects of lifting, lowering, carrying, pushing and pulling loads and the use of the available equipment. 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:

- The Principles of Good Manual Handling
- Cost of a Moving & Handling Injury
- Legislation
- Biomechanics
- Ergonomics
- Guidelines for Moving & Handling
- Risk Assessment
- Additional Factors
- The Back and Spine
- Injuries caused by poor Manual Handling
- Use of Equipment

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

**08450 727 247**



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Approved HABC Centre