

Manual Handling Assessors

Aims

This two day course aims to develop the knowledge and practical skills with regards to manual handling. The course includes a practical session for delegates to practice their techniques.

Ideally clients to provide typical loads to be used in the practical session.

Objectives

At the end of the course each delegate should be able to:

Describe the legal requirements for assessing manual handling risks

Be aware of the scope of the problem within the UK

Consider guidance on lifting weights, and full assessment techniques.

Be aware of the hazards associated with team lifting, and moving loads from awkward places

Conduct a basic lift under supervision

Assess others effectively in manual handling and lifting techniques

Programme summary

Day 1

Legal Background

Manual Handling Regulations

Musculoskeletal Problems

Base Movement

Awkward Loads / Awkward Places

Day 2

Team Lifting

Risk Assessments

Manual Handling Assessments

Practical Workplace Assessments

Review of Assessments

Objectives for the future

All delegates will receive a certificate of attendance

Client specific process and procedures can be used throughout this session.

Programme may be subject to change without prior notification