

Manual Handling Awareness

Aims

This half day course aims to provide basic information to make the delegates aware of the hazards and controls associated with manual handling.

Objectives

At the end of the programme delegates will 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

Programme summary

Legal Review

Legislation overview
Manual Handling Regulations

The spine

Potential damage
Structure and prevention of harm

Assessments

Guideline weights
Full assessment

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