

## MANUAL HANDLING FOR SUPERVISORS/RISK ASSESSORS

### **Aim:-**

To give supervisors the information and confidence necessary to effectively carry out risk assessments and coach staff in manual handling tasks as recommended by the Manual Handling Regulations.

### **Course content:-**

- Legislation
- Past case histories
- Interpretation of the Manual Handling Regulations
- Responsibilities under the above
- What can and does go wrong
- Understanding how the body works in relation to manual handling
- Having mechanical sympathy
- Handling techniques:
  - Lifting. Carrying. Lowering. Pushing. Pulling etc.
- **Risk Assessment:**
  - A critical look at the various elements within a manual handling task
  - How can we reduce the risk to an acceptable level?

### **Length of course:-**

- 1 day
- 12 candidates

### **Venue:-**

- Your premises

**N.B. Back injuries cause the loss of 50 million working days per year.**