

MANUAL HANDLING

Aim:-

To ensure that all staff understand the need to change bad lifting habits. Introduce techniques that will minimise the risk of injury in both the short and long term.

Course content:-

- Past and current legislation
- How the body works in relation to manual handling
- Lifting techniques
- A look at the specific problems of the course attendees
- Explanation, demonstration, practices – a video camera may be used

Due to the practical nature of this course attendees need to be suitably clothed.

Length of course:-

- 1 day, 2 sessions per day
- 12 candidates per session

Venue:-

- Your premises

This course can also be certified by the Chartered Institute of Environmental Health. This does incur an additional charge by them.

N.B. Manual Handling remains a major cause for lost time at work.