

4 Hour Manual Handling in the Workplace

Description:

This Half Day Manual Handling Course exceeds the Health and Safety Executive guidance to what is advised to be inclusive in a Manual Handling Course. Delegates will be given guidance on the tasks, the individual, the load and the environment. Theoretical and practical sessions throughout the course including group activity and discussion, will enable Safe and effective Manual Handling in your workplace.

Course Duration:

A minimum of 4 hours which can be conducted in the working week, weekend or in the evening.

Syllabus:

A range of subjects is covered including:

- * Legislation & Regulations
- * Employer & Employee Responsibilities
- * Risk Assessment T.I.L.E.
- * Hierarchy of Control * Lifting Techniques
- * Musculoskeletal Disorders
- * Health & Safety Executive Statistics
- * Practical & Group Discussion
- * Scenario work tailored to your workplace.



Certification:

Assessment will be on going throughout the course. All delegates will be given a certificate on successful completion.

Numbers:

A maximum of 12 delegates are allowed to attend and must be a minimum of 16 years of age. Larger groups can be catered for with additional instructors.

Location:

We can deliver this training at your place of work, reducing disruption and cost in regards to time out and travelling

“ Helping you to help others ”

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