

Manual Handling Assessment and Techniques

Introduction

The manual handling regulations place a duty on every employer and employee to reduce the potential injury from moving and handling operations. This course is essential for all working professionals and can be tailored to suit your specific needs.

Course Content

This course provides delegates with an understanding of the key health safety and welfare issues needed for managers, trainers and others to comply with the requirements of the Manual Handling Regulations 1992. Whilst there is reference to the law this course seeks to offer practical and pragmatic solutions to everyday manual handling issues and what should be addressed in a manual handling training session.

Learning Outcomes

Delegates will gain an understanding of:

- Relevant health and safety legislation
- Employer's responsibilities
- Employee's responsibilities
- Manual handling definition
- Types of manual handling hazards and injuries
- Risk assessments in practice
- How to conduct a manual handling risk assessment
- Hierarchy of measures for manual handling operations
- Reducing the risk of injury
- Mechanical aids to lifting
- Safety precautions and lifting techniques
- Kinetic lifting techniques
- Main points to consider during team lifting
- Up to date principles of manual handling

Attended by

Key staff nominated to conduct manual handling assessments and those who need to utilise correct manual handling techniques as part of their job.

Duration

One day

Cost & Dates

£175 per delegate - open course at our Warrington Venue
Call 0844 941 1108 today for further information.

£500 In-house/company delivery (up to a maximum of 12 delegates)
Dates – To suit client

Certification

On successful completion of this course you will receive a Soteria Safety and Health certificate.