

Manual Handling

Objectives

To ensure that all delegates understand:-

- The correct method to be used when carrying out manual handling tasks in order to help reduce the risk of Injury.
- The duties and responsibilities under the Health & Safety at Work Act, Manual Handling Regulations and other current relevant legislations.

Who for

All level of personnel within all industries involved in lifting, lowering, pushing and carrying tasks.

Course Content

- Health & Safety at Work Act 1974.
- Manual Handling Regulations 1992.
- Accident statistics
- Types and causes of Injury.
- Principles of correct manual handling techniques.
- Anatomy of spine.
- Body mechanics.
- Practical application of lifting, lowering, pushing, pulling and carrying.
- Risk assessment.

Training Method

Highly participative course with both theory and practical sessions highlighted by use of a spine model. Laptop and videos with group and individual exercise. This course also includes a written test.

Additional Information

This course meets the criteria for CITB grants. CITB registered companies will be able to claim £26.00 per person per day for this course. The UTN administration team will give full support for the application of this grant.

For course bookings call 01924 377379

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