



Address: 12 Harps Avenue, Minster, Sheerness, Kent. ME12 3PS

Tel: 07516249767 Email: info@redlaws-safety.co.uk

Web: www.redlaws-safety.co.uk

Principles of Manual Handling

This course is aimed at those who carry out manual handling activities at work and introduces students to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment. Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

Topic areas covered

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations
- Kinetic lifting (practical)

Target Audience

Operatives concerned with the lifting and carrying of materials as part of their day-to-day activities

Aims

To develop an understanding of the principles of manual handling, the potential for injuries and the preventative measures available.

Learning Objectives

- To identify relevant manual handling situations in his or her own workplace.
- To understand the causative factors behind manual handling injuries and the control measures that may be adopted to reduce the level of risk.
- To create an awareness of the need for manual handling tasks to be assessed.
- To understand the fundamental requirements of the Manual Handling Operations Regulations 1992.

Course Duration;

1/2 day (3 hours)

Venue

In-Company or Local Venue

Certification

Attendees will be issued with a certificate of attendance.

Please telephone for dates and venues.