



## Manual Handling

The Manual Handling course is designed to give the delegate the knowledge and skills to be able to carry out manual handling safely without the risk of injuring themselves or others.

### Who is it For?

Any staff required to conduct manual handling activities in the workplace.

### How does it Work?

The course can be delivered on site at the premises of the company or at our training centre in Redditch. The training is delivered as a half day course.

### What will I Gain?

On completion of the course a Manual Handling Attendance Certificate is awarded to those who successfully complete the written and practical risk assessment.

### Learning Objectives

- ✓ Reasons for managing health and safety – moral, economic and legal
- ✓ Health and safety law applicable to manual handling
- ✓ How the spine works
- ✓ How injuries happen
- ✓ Manual Handling risk assessment
- ✓ Control measures
- ✓ Safe lifting technique (including practical element)

### What are the Benefits?

At the end of the course delegates will:

- ✓ Apply the knowledge gained to their own workplace
- ✓ Understand the background to and need for the Manual Handling legislation
- ✓ Conduct a Manual Handling risk assessment