

MANUAL HANDLING

Training Courses



Over one third of all accidents at work are as a result of incorrect manual handling! A manual handling operation may be defined as; 'any transporting or supporting of a load, including lifting, pushing, pulling, carrying, etc'. These activities are commonplace throughout Factories, Warehouses, Work Sites and Offices.

The Manual Handling Operations Regulations 1992, require that these hazards are assessed, avoided if reasonable practicable, or that the risks which they present are controlled.

It is also a legal requirement that the employer shall provide training and/or instruction to ensure that employees are aware of these hazards, and practices which they should follow, to reduce the risk of injury.

As manual handling risks are present in virtually all occupations, this training course is suited to any type of worker, including; Office Staff, Factory Operatives, Construction Workers, etc.

Included within the course are some key manual handling points, as follows...

- Legislation and requirements for the Employer and Employee
- Manual handling risk factors and how injuries can occur
- Spinal anatomy and Muscular Skeletal Disorders (MSD)
- How to carry out safe manual handling, including good handling technique
- The use of Mechanical Aids
- Systems of work for the individual's task and environment
- Practical Exercises (to identify and put right anything the trainee is not doing safely)
- Discussion regarding how the principles maybe applied in the workplace

All delegates receive handout information and, rather than a formal assessment, delegates will be assessed by the trainer throughout based upon participation and demonstration of understanding. Upon successful completion of the course certificates of training will be issued.



Course Duration
3 Hours (½ Day)



Private Session (12 places)
£420 + vat per course



2 Sessions on 1 Day
£390 + vat per course

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Private group courses can, for no additional charge, be held at either our Rochester training centre or at the client's preferred venue (subject to conditions). Weekend training is also available by special arrangement.



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