

## OVERVIEW

- This ½ day course is suitable for any persons involved in Manual Handling, the course will give an understanding of the causes of fatigue, strain and injury and an awareness of which parts of the body are most at risk when lifting. The candidate will also understand the six key principles of safe handling and lifting and will be taught how to lift and handle objects. By the end of the course you will understand legal obligations relating to manual handling at work and what is meant by risk assessment. A manual handling risk assessment will be undertaken to test your skills.

## COURSE TYPE

- The course will take place both in the classroom and within our training centre. Practical use of the relevant equipment will be included.

## CONTENT

- Review of Manual Handling Operations Regulations 1992 (as amended 2004)  
Common back injuries and their causes  
Effect of posture and load position  
Dynamic Risk Assessment/ Safe System of Work  
Principles of good movement

## COURSE REQUIREMENTS

- There are no pre-requisites for this course.

## LOCATION

- Training is provided in our training centre in Kent, for on-site training please contact us to discuss further.

## COST

- Prices will be confirmed on enquiry. If you wish to make a block booking please contact our training team to discuss a group discount.

## CERTIFICATION

- All successful trainees will receive a certificate and ID card covering their training for 3 years

## MAXIMUM DELEGATES

- 10

## COURSE DURATION

- 1 Day

Taskmasters (UK) Ltd

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