

# Manual Handling & Lifting Techniques

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## Overview

This course aims to make delegates aware of Manual Handling. This can be described as lowering, lifting, pulling, pushing, holding, restraining, carrying, throwing or handling. Manual Handling of inanimate objects ensures that delegates hold an understanding of safe techniques to use when lifting and moving objects of varying size and weight, so as to avoid any injury to themselves or others.

## Course content:

The following topics are covered in this course.

- Course induction
- Why correct technique is important
- Manual handling hazards and risks
- Preventing injury from manual handling
- Remaining complaint
- Importance of Risk Assessment
- Applying risk assessment to manual handling
- General guidelines for lifting

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## Entry Requirements:

The training is designed for those who undertake manual handling activities in their working role and it can be customised so that delegates can experience handling objects which they would encounter in their workplace.

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## Assessment:

We can deliver this course on your premises, reducing costs in respect of additional time out and travelling. Our trainer will carry out on going assessments.

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## Qualification

On completion of the course. All delegates will receive Certificate of Attendance

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## Duration of course

Depending on module

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## Attendance Options

Days/Evenings/Weekends