

Manual Handling

This course provides a good understanding of the Manual Handling Operations Regulations and the ergonomics principles that should be applied to reduce the risk of manual handling injury and will help to deliver legal compliance, reduce sickness and improve the productivity of the workforce

Who should attend?

The course is designed for all employees who may be required to lift/handle move things around the workplace

What they will learn?

How to move Objects safely, so that moving and handling risks are reduced to the lowest level

Course content

- Legislation
- The problems associated with manual handling
- Causes of back pain and upper limb disorders
- The positions of back and upper limb injury and disease
- The link between incorrect lifting and injury
- Manual Handling assessments (Practical Element)
- Giving feedback and maintaining a safe handling environment

Course duration

½ Day £50 per person to book call Jackie on 07966 617130 or email

Jackie.spotonsolutions@gmail.com