



## Manual Handling

### **Summary:**

The Manual Handling course is designed to increase candidates knowledge on the skills involved in manual handling and the potential risks and dangers of doing so without appropriate training. The course focuses on the current health & safety regulations and educates candidates on the duties of employers and employees.

### **The aim of the course is to:**

Provide the candidate with the knowledge and various practical skills involved in manual handling using suitable techniques.

### **The objectives of the course are to enable delegates to:**

- Demonstrate the practices of manual handling and lifting as described in the Approved Code of Practice for Manual Handling Operations Regulations 1992 (as amended)

### **Who do we recommend attends the course?**

All personnel who are at risk of injury from manual handling tasks as part of their work duties

### **Course summary:**

Candidates will participate in theory and practical exercises covering:

- The Manual Handling Operation Regulations 1992
- Health & Safety at Work Act 1974 & other relevant legislation
- Duties of employers & employees
- Identifying the load
- Anatomy of the spine
- Principles of good movement
- Types & causes of injury
- Practical & theory test

**Course Duration:** ½ day or 1 day depending on requirements, Training and Testing or Testing only.

**Certification:** STS Certification or NPORS