

**Course.** Manual Handling

**Duration.** 1 Day

## Training

### Intended for:

All personnel, including office staff.

### Aim:

To impart the necessary knowledge to allow personnel to be able to manually handle light loads safely and efficiently around the workplace and enables them to assess possible problems, thus minimizing the risk of injury.

Over a quarter of all accidents reported each year is associated with the manual handling of loads. Strains and sprains are most common but amputations, physical impairment and permanent disabilities are also frequent. This course aims to reduce the possibility of such accidents happening.

### Course Content:

- Legislation – Regulations - HSE guidance
- Risk assessment
- Hazard recognition
- Promote awareness
- Structure of the spine
- Lifting related injuries
- Reduction of the risk of injury
- Load assessment
- Mechanics of lifting
- Preparation for lifting
- Correct lifting position
- Lifting

**Duration:** 1 day

**Lecturers:** A1 Safety Training Staff (NVQ D32/D33 accredited).

**Location:** Suitable training centre located local to majority of course candidates

**Dates:** Arranged to mutual agreement of Company / Candidates / A1 Safety Training.

