

Course Title	Course Duration
MANUAL HANDLING (Eco12)	½ DAY

Course Overview

This course is designed for all employees for whom Manual Handling forms a part of their work role to provide them with practical skills and knowledge to reduce the risk of Manual Handling injuries.

Who Should Attend

Any employee who is involved in lifting in their day to day duties

Other Requirements (e.g. Equipment needed)

Any delegates with special needs should alert these to the company prior to attending training e.g dyslexia to allow time for the necessary arrangements to be put in place.

Course Content

This course involves both practical and theoretical sessions. It will focus on:

- Benefits of understanding Manual Handling Techniques
- An appreciation of the nature of injuries which may occur from poor lifting
- The human form and how to use it effectively to lift loads
- Application of basic lifting techniques
- Practical applications reconstructed by group members
- Complex lifting problems discussed
- Application of complex lifts likely to be undertaken by course members
- Compliance with current Health and Safety Legislation

Course Outcome

Successful completion of this course will result in the issue of a certificate of attendance.