



Manual Handling Training Course Programme (Half Day)

Aim of the Course:

To raise awareness about the dangers associated with poor manual handling and to instruct workers in appropriate safe lifting techniques.

Objectives:

- To raise awareness of the acute and chronic injuries caused by manual handling.
- To provide the key skills and training necessary to carry out manual handling activities safely.

Methods used:

- PowerPoint presentations & practical exercises.

Course content:

- Introduction to manual handling
- Health effects associated with poor manual handling.
- Safe lifting techniques.
- Use of mechanical lifting aids.
- Practical exercises.
- End of course review



A **Certificate of Competence** is awarded to all delegates who attend the course. This Certificate is valid for 3 years.

How do I book a place on the Course?

Courses are delivered either in-house or at various venues throughout the Year. We also offer bespoke training according to the Client's needs. For further details or to book a place on the Course please contact us:

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