



Manual Handling

Course Overview

This course introduces candidates to the hazards and risks involved in manual handling and outlines what to expect from a manual handling assessment. It will enable employees to develop safer manual handling techniques in the workplace.

Course Objectives

By the end of the programme the student will be able to:

- Explain what is meant by the term 'manual handling' and give examples;
- Explain how manual handling can cause injury and give examples;
- State the principles for controlling manual handling risks and apply these in a practical context;
- Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments;
- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations.

Course Content

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations

Who Should Attend

All employees including office staff

Number of Candidates per Course

12

What to bring

Please bring safety boots & gloves

Duration

½ Day

Course Outcome

Anglia Risk Solutions - Certificate of Attendance