

Manual Handling

Duration:

Half day

Objective

A third of all injuries in the workplace are the result of lifting or handling heavy or awkward loads. Injuries vary from mild aches and pains, to permanent disability and compensation. This is a hazard common to every workplace, whether an office, warehouse, factory or construction site. The Manual Handling Operations Regulations place responsibilities on employers to reduce injuries from manual handling and to conduct an assessment of handling operations that cannot be avoided. This seminar workshop looks at practical ways to meet these requirements.

Contents

Overview of the Regulations
Managing handling operations
Mechanical and other alternatives
Assessing manual handling activities
Training and refresher training
Safe lifting technique

Who should attend

This course is suitable for everyone in a working environment and Managers, Supervisors and Human resources professionals will especially benefit from attending.

Course benefits

This course will specifically benefit everyone who may occasionally be required to lift or handle large, heavy or awkward objects. Individuals in any type of environment who have a responsibility for others will also gain benefit from being able to demonstrate effective lifting and handling techniques.

Additional information

This course is also available in an e-Learning format. Check out our e-Learning suite of courses from the navigation bar on the left hand side of our website.

Certificates

All delegates who successfully complete this course will receive a certificate of attendance.

Trainers background

The trainer for this course has extensive experience in design and delivery of health & safety training programmes. They are qualified by NEBOSH (National Examination Board for Occupational Safety & Health) and Associate member of IOSH (Institute of Occupational Safety & Health) and is a member of the Chartered Management Institute and the International Institute of Risk and Safety Management and the Association for Project Safety.