

Manual Handling

Overview

This half day course is aimed at employees who may be involved, in manual handling in the workplace. Delegates are provided with the knowledge and skill required to minimise the risk of injury to themselves and others when manual handling. This includes the potential hazards and risks the consequences. The course material and handouts are used in conjunction with the Health and Safety at Work Act 1974 and Approved Codes of Practices (ACOP).

Who should attend

This programme is designed for managers, supervisors and operatives who may be involved in, as part of their work, manual handling. Delegates do not require any previous experience.

After this course you will...

- understanding of the legal requirements and manual handling regulations
- understanding of the financial impact on industry caused by injuries from poor manual handling
- ability to identify and assess potential hazards
- knowledge and skill to select the appropriate methods of risk control
- knowledge of lifting equipment that may be required
- skills to carry out manual handling techniques in a safe and efficient manner

Details

Course Type: Health and Safety Training

Duration: 3 hours

Price: £50.00 + VAT

Upcoming dates

TBC 02 Sep 2019 (13:00 - 16:00)

TBC 03 Sep 2019 (13:00 - 16:00)

TBC 16 Sep 2019 (08:00 - 11:30)

For more dates please contact us

Course outline

- health & safety at work act 1974
- manual handling regulations
- management of health & safety at work regulations
- accident statistics
- the functions of the spine and muscular system
- typical injuries
- hazard identification and assessment of activity, load and environment
- physical capabilities
- correct handling techniques including practical exercises

Get in touch

SOA aims to develop a relationship with all our clients; we want to understand your aims and priorities as well as your vision and values. For a free no obligation meeting please get in touch; (T) +44(0) 1229 808 320; (E) info@soasafety.co.uk; (W) www.soasafety.co.uk