



Manual Handling

½ Day

Back injuries account for an extraordinary percentage of all injuries at work, contributing significantly to the huge number of lost working days, the costs of which are borne by the employer, and the injured person in terms of suffering discomfort or disability.

In most work environments staff may be required to lift, carry or move objects which, if moved incorrectly, can lead to accidents, injury and, in the worst cases, legal action.

Effective training in manual handling techniques can help to reduce the risk to the employee, subsequent lost time and the costs to the employer.

Designed for

All employees involved in the lifting, carrying or moving of objects.

Objectives

On completion of the course delegates will:

- understand the risks associated with manual handling
- be able to apply the correct lifting techniques
- know how to make a basic risk assessment and take corrective action

Content

What the Law Requires

An outline of the manual handling and associated regulations

Reducing the Risk

Injuries and statistics

The size of the problem

The structure of the back

Assessing the Load

How shape and size affects the load

Making judgements

Correct Lifting/Moving Techniques

Practical Demonstration

Summary and Close

Note: This course can be tailored to meet your exact needs. For further information or to obtain a quotation contact Line Business Services Ltd on 0117 986 2194