



COURSE SYLLABUS

Manual Handling

Suitable For:

All personnel

Course Aim:

This course is designed to provide candidates with an understanding of potential manual handling hazards in the workplace, their outcomes and how to minimise the risk of injury by training them to:

- Use the most suitable handling technique directly associated with their own work activities
- Recognise the aggravating factors in Manual Handling – namely: weight and/or size of load, stability, distance carried, twisting and turning, pushing and pulling, or repetitive handling and lifting.
- Understand how physical fitness, 'warming up' and task assessment can contribute to health and safety

Course Content will include:

- Responsibilities and legislation applicable to Manual Handling, by reference to:
 - ✓ The Health & Safety at Work Act 1974
 - ✓ The Management of Health and Safety at Work Regulations 1999
 - ✓ The Manual Handling Operations Regulations 1992
- Manual Handling risk factors and how injuries can occur (Risk Assessment - what to consider)
- Safe Manual Handling techniques, including highlighting common errors
- How to reduce injuries caused by Manual Handling and lifting
- Appropriate systems of work for the individual's task and environment
- Knowing your own physical limitations in relation to the task
- Understanding when there is a need for team lifting or mechanical handling
- Use of mechanical aids
- Practical work - demonstrations & hands-on experience

The training method is a combination of classroom theory and practical Manual Handling exercises utilising real workplace manual handling situations.

Course Objectives:

On successful completion of this course, candidates will be able to:

- Interpret current health and safety legislation
- Identify and assess potential Manual Handling hazards and choose appropriate methods of risk control
- Carry out safe Manual Handling techniques

Venue: Either on-site at clients' premises or at ITS Training Centre

Duration: Half Day

Candidates: Up to 10 per course

Certification: ITS Certification