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MANUAL HANDLING AWARENESS

Half day course aimed at providing delegates with an understanding of the common hazards and injuries associated with poor manual handling practices, together with an understanding of their employers requirements for reducing the need to carry out manual handling tasks. This course is an awareness only course aimed at providing delegates with knowledge on solo and team lifting techniques which they can transfer into their workplace when lifting, carrying and lowering items.

COURSE ASSESSMENT

Delegates understanding of hazards, injuries, responsibilities, safe lifting practices and use of non-powered mechanical aids are evaluated throughout the course through end of unit assessments, together with a multiple-choice/written assessment based on the course material.

COURSE SYLLABUS

Theory	Written and Practical Assessment
Responsibilities Effects of manual handling on the human body Self-assessing manual handling activities Safe lifting techniques Assessment	Written assessment on hazards, controls and safe practices relating to manual handling in the workplace.

DELEGATE NUMBERS

Delegate numbers: 10 (maximum)

LOCATION

Delivered at our Neyland Training facility, clients premises or suitable third-party .

FOR MORE INFORMATION OR TO BOOK ON THIS COURSE CALL US ON 01646 600062 OR EMAIL info@providencetrainingltd.com



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