

## MANUAL HANDLING



### DESCRIPTION

This course will provide participants with theoretical knowledge and practical experience in all aspects of Manual Handling, providing up-to-date information and legislation pertaining to employer/employee safety.

The Manual Handling Operations Regulations 1992 requires you to avoid the need for Manual Handling as far as is reasonably practicable.

### DURATION

1 Day

### REQUIREMENTS

Candidates should be physically able to carry out manual handling manoeuvres as detailed in the course content. Attendees should be willing to participate in group activities.

### WHO WOULD BENEFIT FROM THIS COURSE?

- Staff working in Universities/Colleges, Schools, Offices, Hotels, Building Sites and Security Personnel.

### COURSE CONTENT

- Legislation
- Employer's/Employee's responsibilities
- The spine and its movements
- Back Care
- Effective Risk Assessment
- Workplace Organisation
- Safe and efficient Moving and Handling
- Moving Equipment
- The Office Environment
- Common Objects lifted in a Workplace

### QUALIFICATION

Certificate of attendance given - Valid 1 year

### OUTCOME

On completion of this course, you will be able to describe your roles and responsibilities within the legislation, policies and procedures. Understand spinal movement and demonstrate an understanding of back injuries. Be able to identify and analyse risks by conducting effective risk assessment. Handling techniques and moving equipment will be physically demonstrated and practiced.



## Independent Clinical Services Training

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Calls may be recorded