



Manual Handling

This Manual Handling Training Course helps employers ensure that they and their employees are sufficiently trained in the principles and practices of safe manual handling.

This course provides the necessary information and training for organisations to understand more about the risks associated with manual handling, how to undergo a risk assessment and how to ensure appropriate control measures are put in place.



The course follows the requirements of the Manual Handling Operations Regulations 1992 (MHOR) and provides a practical guide for managing and carrying out safe and healthy manual handling. The course also features videos, diagrams, and downloadable resources to use in your workplace.

COURSE CONTENTS

The course covers the following five elements:

- Introduction and Legislation
- Manual Handling Injuries
- Risk Assessments for Safe Manual Handling
- Avoiding and Controlling the Risks
- Safe Manual Handling Techniques

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WHAT RESULTS CAN I EXPECT?

By the end of this course learners will:

- Understand what is meant by manual handling.
- Be able to explain the common causes of injury and potential long-term damages to health as a result of poor manual handling techniques.
- Understand the legal responsibilities and the duties placed upon employers and employees.
- Be able to identify manual handling hazards.
- Understand how to carry out an effective manual handling risk assessment.
- Understand the control measures that can be put in place to reduce the risk of harm.
- Understand and practise the best way to handle loads to maintain a safe working environment.



WHO SHOULD TAKE THIS COURSE?

The manual handling course is aimed at employees at all levels who may undertake manual handling operations, including the transporting of a load of items by lifting, lowering, pushing, pulling, carrying, manoeuvring, steadying or transporting thereof by hand or by bodily force. This includes, but is not limited to, professions such as:

Warehouse and factory staff
Heavy manual labourers and construction and building site workers
Office workers
Delivery drivers
Agricultural workers

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