

Manual Handling

Who should attend

Over 33% of all work related injuries are from manual handling. In fact back injuries are the biggest cause of staff absence in the UK and yet most are preventable!

The course is suitable for a wide range of staff from those with obvious work related handling tasks through to sales and office staff who may appear to have much less manual handling involved in their work related activities. All are vulnerable to manual handling injuries (whether at work or at home), so all will benefit from a knowledge of good technique

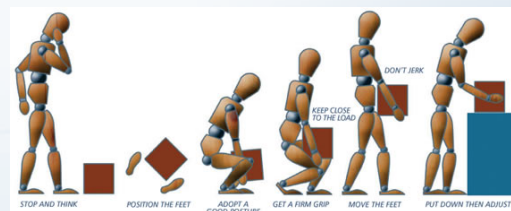
The Level 2 Award in Safe Moving and Handling is intended as an introduction to moving and handling activities for those starting work, returning to work or who need specific training in manual handling, as well as being a suitable qualification for refresher training.

Learners gaining this practical qualification will understand that moving and handling must be carried out correctly and will recognise its importance in ensuring a safer working environment.

The course will be run in a participative manner to get involvement and emphasise the personal benefits of taking action.

The content of the course will cover:

- Relevant legislation
- The importance of risk assessment
- Causes of manual handling injuries
- Structure and function of the spine
- Identify hazards
- Control measures
- Correct lifting procedures
- Practical learning of lifting and moving techniques
- Practical handling exercises with a range of representative loads



Pre-requisites

Candidates must be physically able to carry out the procedures detailed in the course outline.