



Manual Handling Training

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Background

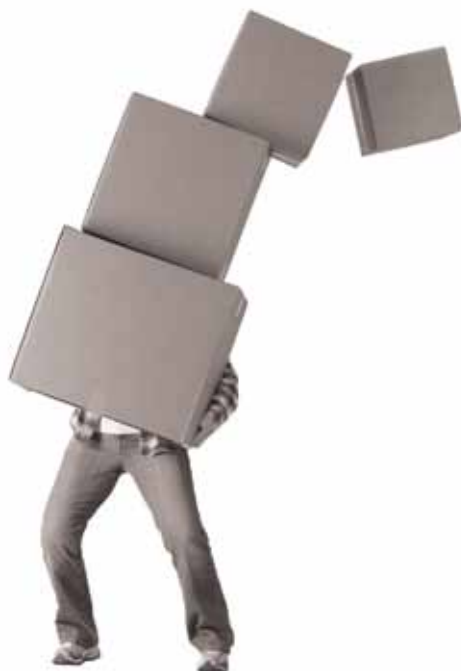
The aim of the *Manual Handling* course is to raise awareness and identify good lifting practice in order to reduce the possibility of injury.

Manual Handling is responsible for over one third of the accidents and ill health which occur in the workplace. Not only is the individual affected, the costs to industry and society can be enormous.

All employers are required by law to protect those affected by work activities and training in *Manual Handling* can reduce these injuries.

Everyday, we lift something, but are we lifting correctly?

The injuries that occur are not solely down to lifting heavy weights. How we lift, posture, frequency, and environment all have a part to play in safe lifting.



OBJECTIVES

On completion of the course you will be able to:

- Appreciate the potential musculoskeletal injuries which can arise for manual handling.
- Understand the risk factors relating to the task, individual, load and environment.
- Understand the duties of the employer and the worker in controlling manual handling risks.
- Understand the principles of risk assessment and control.

TOPICS COVERED

- Causes of workplace injuries.
- Biomechanics.
- Types of injuries, cause and effect.
- Risk avoidance.
- The law.
- Risk Assessment.
- Control options.
- Good handling techniques.
- Hazard spotting.
- Practical lifting.

DURATION

This is a half day course.

COST

Please call Cardinus for more details.