

Manual Handling

This course is designed for those who are in charge of any person within the workplace who may have to manually handle any load, and for those persons who have to manually handle any article during their daily tasks.

The session includes

- Legislation
- Duties of employees
- What is manual handling
- Load Limits
- How the spine can be damaged
- Correct manual handling techniques
- Practical and Written examinations

On completion of the course the delegates will have a better understanding of the correct procedure for manual handling and what harm could be done if the task is not carried out correctly.

This course can be tailored to suit your needs