



## **MANUAL HANDLING**

Course Reference: MH/002

***What's the course all about:*** This basic manual handling safety training course is specifically designed for anyone whose job requires them to lift, move and carry items at work that could cause injury if done so incorrectly.

***What will I learn?*** To provide a basic awareness of manual handling safety in general, and to give an appreciation of good techniques for lifting and handling loads in a safe and efficient manner, thereby reducing the risk of injury.

***Exactly What Will I Do?*** The course content is as follows;

- Legislation and regulation
- Duties of employers' and employees
- Typical accidents in handling.
- Mechanics of the spine.
- Principles of good movement (Human Kinetics).
- Handling heavy and awkward objects.
- Overcoming handling problems.
- Guidelines for assessment.
- Controlling hazards.

***Who should attend?*** All staff should ideally attend but particularly those who are involved in manual handling of materials and equipment.

***Student Requirements:*** No previous training required

***How long will it last?*** Half Day

***How many will be there?*** Maximum of 12

***Do I get anything to take away?*** Upon successful completion delegates will receive a certificate of attendance, valid for 2 years.

***What other courses can I do after this one?*** This really depends on you and your organisation, so why not talk to us to see where else we can help.



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*Where and When?* We can run the course at your premises specifically for you and your team, or if you would rather use our facilities at Safety for Business that can be arranged.

*What about Food and Drink?* Refreshments are provided but as it's only a half day duration we are sorry to say but lunch is not included.

*What's it going to cost me?* Individual costs at our training facility are £85 + VAT.

In-house training £425 per half day and £525 for two session in one day, VAT and travel will be added to the price.

*What do I do now?*

Contact us 08456 344164, or;

E-mail us at [kate@safetyforbusiness.co.uk](mailto:kate@safetyforbusiness.co.uk)