



Training Services

COURSE CONTENTS

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Title	Manual Handling Course	Contact	+44 (0)7894 595697
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What is this course about?

The Health and Safety Executive have run many campaigns on this subject over the years. 'Manual Handling Awareness' aims to help your organisation meet the intent of the Manual Handling Operations Regulations by helping establish a culture where all those involved can input into resolving the issues having received a level of hazard awareness and workplace precaution training.

Who would benefit from this course?

The course is aimed at all levels of employee who may undertake manual handling work activity. Prepared and delivered by qualified, experienced health and safety professionals. The result is a training solution that gives the trainee an awareness of the issues that could affect their health and safety related to manual handling activities.

The following key issues are covered:

- An outline of relevant legislation and safe working practices
- Hierarchy of Control Methods for manual handling
- Risk assessment
- Personal Protective Equipment Regulations

Requirements for Manual Handling related Work Equipment:

- Relevant European standards and codes markings, CE, EN, BSEN
 - Compatibility issues with other PPE equipment.
 - Manufacturers User manuals and Instructions for use
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- Defining the problem
 - Avoiding the need for manual handling
 - Understanding of the principles of INDG 143
 - Assessing the risks from manual handling
 - Recognition of different methods of manual handling reduction
 - Identification and application of remedial actions available
 - Examples of good lifting techniques
 - Practical examples
 - Key issues relating to recording findings of assessments
 - Advice on record keeping

This course involves all candidates completing:

- Practical on correct lifting techniques.
- A written assessment consisting of a multiple choice question paper.
- A training pack will be issued to all candidates on this course.