



Manual Handling Training

Duration: 1/2 Day

Overview: Manual handling training is suitable for a wide range of people from Industrial staff to Managerial staff. The aim is to give course delegates an understanding of the “Manual Handling Regulations 1992” and to demonstrate to them how to move materials and equipment in a safe manner with minimum effort.

Content:

- Legislative Requirements
- Types of lifting techniques
- Types of injuries associated with handling techniques
- Demonstration of proper manual handling techniques
- Guided candidate practice of techniques
- Mechanical Lifting

Key Benefits:

- Understanding Manual Handling with examples
- Understanding of how Manual Handling can cause injury
- The principals for controlling Manual Handling risks and application in a practical context
- A general understanding of the value and purposes of conducting a Manual Handling Assessment
- Understanding of the main provisions of the Manual Handling Operations Regulations

Venue: Bemac Training Ltd, Nutts Corner *or*
On Site - (Client to supply Training Room)

This course is CITB approved for grant aid to registered companies

For further information please contact us on:

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