

## Manual Handling Awareness

<b>Duration</b>	1/2 Day
<b>Target group</b>	With an unacceptable amount of time off work due to back injury, sprains and strains, employers seek to reduce these losses through cost-effective training to all staff.
<b>Prerequisites</b>	Not applicable for this course
<b>Objective</b>	The purpose of course is to instruct personnel on how to manual handle loads more safely, and how to reduce the risk of manual handling injuries. With the use of mechanical handling equipment. This course applies to office, workshop, warehouse and transport staff
<b>Contents</b>	Legislation and regulations Whats the problem, statistics HSE/STEP guidance Function of the human spine and types of injury Assess the operation Risk assessment, avoiding manual handling, mechanical aids Manual handling techniques and practical demonstration Records and reviews of manual handling assessments
<b>Exam</b>	<p>On successful completion of this course delegates would have completed a theoretical test, and will have a general awareness of Manually handling loads and techniques to prevent injury and also an awareness of factors taken into consideration when completing an assessment of manual handling.</p> <p>On successful completion of this course an in house training provider certificate will be issued.</p>