

## Manual Handling Awareness

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**Duration** 30 Minutes

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**Target group** Oil & Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective** LO1: Explain what manual handling is  
LO2: Describe the structure of the human spine  
LO3: Identify factors that contribute to manual handling incidents  
LO4: Identify the common causes and injuries involved in manual handling  
LO5: Identify proper lifting techniques and the importance of ergonomic design  
LO6: Identify ways to reduce manual handling incidents  
LO7: Identify the purpose, factors and responsibility of the risk assessment

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**Contents** The course is available in the following languages: English; Brazilian Portuguese; Spanish; Norwegian; Bahasa Malay; Indonesian; Danish; Thai; Turkish; Arabic.  
This manual handling course is suitable for all employees involved in any manual handling operation. It deals with all aspects of manual handling, including lifting, pushing and pulling, relevant safety legislation and manual handling risk assessments.

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**Exam** The assessment is taken during the course and is within the expected duration.