

Manual Handling

Duration	1 day.
Target group	Pemex Contract Safety Annex Responsible, HSE Supervisors, Any person whom due to the job require manually pick a load up, transport it, and moving with it.
Prerequisites	Physical capacity and medical aptitude.
Objective	<p>Upon completion of the course the delegate will be able to:</p> <ul style="list-style-type: none">Prevent bodily injuries caused by poor handling.Execute loading, transportation and disposal of tools and materials.Identify the risk factors present in the environment, the individual and the load to be manipulated.Respond quickly to the attention of workers in incidents during the Manual Handling of Loads (MMC).Execute corresponding AST.Select personal protective equipment and apply correctly the procedures and methodologies for lifting loads manually in a safe way.
Contents	<p>The following topics will be covered during the course:</p> <ul style="list-style-type: none">• Goals.• Introduction• Definitions.• Legal framework.• Skeletal Muscle Structure.• Movement of charges.• Risks in the manual handling of loads.• Preventive measures and personal protective equipment.• First Aid for people injured by MMC.• Practical exercises.• Conclusions and Bibliography.
Exam	Delegate demonstrate competence in the techniques fo the subject and complete the questionnaire.