

Manual Handling

Duration	1 Day
Target group	This course is designed for all personnel who are involved with the hands-on activities such as riggers, helpers, scaffolder and anyone that conducts lifting, pushing and pulling tasks.
Prerequisites	All delegates must be in possession of a valid medical certificate.
Objective	During the course delegates will gain fundamental understanding of hazards associated with manual handling, the risk of activities to people and specific control measures.
Contents	<p>Introduction to Manual Handling</p> <p>Manual Handling Hazards Identification</p> <p>Accident Statistics</p> <p>Muscle, Bones and Joints</p> <p>Types of Injuries incurred through Manual Handling</p> <p>Prevention of Injuries</p> <p>Protective Equipment</p> <p>Alternative Methods</p> <p>Correct Lifting, Pulling and Pushing Techniques</p> <p>Risk Evaluations</p> <p>Workshop</p> <p>Manual Handling Control</p>
Exam	N/A