RelyOn Nutec
360° Safety

LBS096

Manual Handling Awareness

Duration	1/2 Day
Target group	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.
Prerequisites	Not applicable for this course
Objective	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
Contents	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
Exam	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. On successful completion of this course an in house training provider certificate will be issued.