

Course code	LBSRDL011
Course name	Manual Handling Awareness
Duration	30 Minutes
Target group	Oil & Gas Industry
Prerequisites	No prerequisites are required to sit this course.
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
Contents	The course is available in the following languages: English; Brazilian Portuguese, Spanish 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.
Exam	The assessment is taken during the course and is within the expected duration.