



Manual Handling (of inanimate objects)



Overview

This accredited practical 1 or ½ day course is designed to train employees who in the course of their work have to handle inanimate objects. It includes not only lifting but also handling, pulling, pushing & moving by bodily force.

Target Group

This course is designed for any personnel who are required to lift or handle large, heavy or awkward objects as part of their working role.

Objectives

By the end of this course, delegates will be able to;

- ✗ Understand what is meant by the term 'manual handling'
- ✗ Understand the risks of manual handling
- ✗ State the principles for controlling manual handling risks and apply these in a practical context
- ✗ Demonstrate an understanding of the importance of conducting a manual handling assessment
- ✗ Understand the main provisions of the Manual Handling Operations Regulations

Course Content

This course covers the following topics/areas;

- ✗ Responsibilities imposed by the Manual Handling regulations
- ✗ Manual handling activities
- ✗ The human spine and associated anatomy
- ✗ Looking after your back
 - Managing handling operations
 - Mechanical and other alternatives
 - Assessing manual handling activities
- ✗ Identifying factors that create the problems in manual handling
- ✗ The outcome of poor manual handling
 - Acute and Chronic injuries and health problems
- ✗ Task analysis for the operative
 - Task
 - Individual
 - Load
 - Environment
- ✗ Manual handling techniques:
 - Lifting
 - Lowering
 - Pushing
 - Pulling and Carrying
 - Team Lifting
- ✗ Manual handling assessment and control options.

Outcomes

Upon successful completion, delegates will be awarded a Manual Handling certificate.