



Manual Handling

COURSE DURATION

½ day

FOR WHOM THE TRAINING IS INTENDED

All those who have to manually move items, or those who supervise the movement of items.

THE AIM OF THE TRAINING

To conform to the requirements of:

- Health and Safety at Work Act. 1974
- Management of the Health and Safety at Work Act 1999
- Manual Handling Operations Regulations. 1992
- Provision and Use of Work Equipment Regulations 1998

THE OBJECTIVES

By the end of the course the Candidates will understand:

- The requirement of the Acts and Regulations.
- Causes of lifting injuries and how to avoid them.
- Correct manual handling techniques.
- Risk assessment for manual handling

The course consists of theory, DVD presentation, risk assessment and risk assessment tools, practical assessment

The course can be adapted to include client specific requirements. This one day course is particularly aimed at clients who move awkward, difficult, different loads and we have successfully tailored it to a variety of client's specific needs.

ASSESSMENT

- (a) Examination – Theory test.
- (b) Practical – Demonstration of skill.

This course is approved by the National Plant Operators Registration Scheme and successful completion is recognised by the issue of a NPORS Card. There is a fee for NPORS cards