

Manual handling techniques - basic/Practical training

COURSE AIMS

This course is intended to provide a delegate with the necessary knowledge in order to safely lift, lower, push, pull, carry or support a physical load. The course is specifically tailored to the needs of the client and can be conducted, at least in part, within the delegate's normal working environment.

LEARNING OBJECTIVES

At the end of this course the delegates will: -

- Have a clear understanding of good handling techniques
- Have a clear understanding of the typical injuries associated with poor posture and technique during Manual Handling operations
- Be able to demonstrate good handling techniques using loads typically found in their workplace

COURSE DURATION

One day. The practical elements of this course can be undertaken using common loads found in the delegates' workplace.

PRE-REQUISITES

There are no particular educational or competence pre-requisites for the course. However, the following factors are essential for the safety of the delegate:-

- A level of physical strength and fitness compatible with the handling operations to be undertaken

PERSONAL PROTECTIVE EQUIPMENT

This course has both classroom and practical elements (subject to client specification). No PPE will be required for the classroom element; the delegates will however require whatever PPE is normally required within the environment of the practical assessment.

The protective equipment must comply with current safety standards.

CERTIFICATION

A Certificate of Training will be awarded to the delegate on completion of the course.