

Manual Handling Lifting and Principles

This course is essential support for all working professionals and can be tailored to suit your specific needs.

Who should attend

We recommend that all employers consider training in moving and handling as part of each new employee's induction and reviewed every three years.

What will you learn

The course covers how to move objects safely, so that manual handling risks are reduced.

Course content

- Relevant Health & safety information
- Spinal anatomy, relevant structure and function
- Causes of back pain
- Risk assessment
- Base positions and movements leading to more complex moves including moving and lifting objects.
- DVD Safe Manual Handling Practice

Course duration

Half day (3 Hours)

Assessment and certification

All students will receive a certificate of attendance.

