



## **Principles of Manual Handling.**

**Duration: Half day.**

### **Course overview:**

Principles of Manual Handling is aimed at those who carry out manual handling activities at work and introduces delegates to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

### **Course content:**

Upon completion the delegates will have gained knowledge of:

- What is manual handling?
- Manual handling injuries.
- Causes of injuries.
- Manual Handling Operations Regulations 1992.
- Assessments and assessors requirements.
- Controls.
- Good handling technique.

Successful completion will prepare delegates to look carefully at their own work activities and contribute to the safer manual handling practice in the workplace.

### **Course booking:**

Please contact one of our team for further details, course prices and booking arrangements on 01384 686039.