

Manual Handling

Principles of Manual Handling is a stand-alone level 1 qualification which compliments the CIEH level 2 Health and Safety in the Workplace.

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

Who should attend this course?

- Employees who undertake any manual handling duties
- Employees responsible for risk assessing manual handling activities

Course format and duration

Duration of the course is 3 – 4 hours. Assessment is a short objective test of 20 multiple choice questions.

Course Overview

During this course, delegates will look carefully at their own activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors

- The process of Manual Handling in the workplace
 - Define and explain what is meant by the term 'manual handling'
 - Common causes of workplace injury/harm, the significance of manual handling injuries/harm and the benefits of appropriate risk controls.
 - Explanation, with reference to manual handling, what is meant by the terms 'hazard', 'risk' and 'control measure'.
 - Understanding of appropriate general actions that can be taken to reduce the risk from manual handling injuries including ergonomics.
- Manual Handling hazards
 - Types of injury that can be caused by poor handling techniques and the types of occupations with which they are commonly associated.
 - The main functions of the musculoskeletal system
 - The mechanics of movement such as stability, force and levers
 - Factors that increase the risk of harm
- Legislation and Guidance
 - General legal responsibilities of employers, employees and the self employed.
 - The duty of employers to provide information, instruction and training to those exposed to Manual Handling risks
 - Awareness of HSE guidance publications and where they can be found.

For more information and bookings contact:

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- Risk Assessment

- Explanation of the term 'reasonably practicable', 'suitable and sufficient', 'competent person' and 'hierarchy of control' in the context of a manual handling risk assessment
- Outline factors that need to be considered when carrying out a manual handling risk assessment
- Questions that need to be considered as part of undertaking a manual handling risk assessment
- Explanation of the requirement for recording manual handling risk assessments
- Explanation of the need for a review of manual handling risk assessments.

- Controls and reducing the risk of harm

- Understanding the general hierarchy of control
- Recognise an individual's capabilities, when to seek further advice and state where sources of further information can be found
- The importance of preparation and planning before taking a manual handling operation
- Controls that might be applied to reduce the risk of harm from a number of different manual handling activities
- Controls that might be applied to reduce the risk of harm from team manual handling

Business Benefit

- Reduce the risk and incidence of injuries
- Comply with legislation
- Understand employers responsibilities
- Demonstrate due diligence

Your Course Tutor

Course tutors have a wealth of occupational experience in Health and Safety. An ex serving Fire Officer who requires an extensive knowledge in Manual Handling, both to protect himself from injury as well as people he may be assisting.

Why not try one of our other courses to compliment your development such as:

- IOSH Working Safely
- IOSH Managing Safely
- Emergency First Aid at Work
- Fire Marshal Training

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