



Duration: Half Day
Course Code: SSH07

Course Description:

The Manual Handling Operations Regulations define it as 'any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force'.

In effect, any activity that requires an individual to lift, move or support a load will be classified as a manual handling task.

Who Should Attend Manual Handling Training?

- Anyone involved in the moving and handling of goods and people could be at risk. Injuries and suffering can be linked to any work involving handling of loads. There are risks in handling even light loads if a repetitive task is being carried out in poor conditions. Poor ergonomics and workplace layout are a factor in many hazardous manual handling tasks.

Benefits From Attending The Training:

- Be able to deliver legal compliance
- Reduce sickness and absenteeism
- Lower healthcare costs, insurance premiums and compensation claims
- Improve the productivity of the workforce.

Course Contents:

- Manual Handling and the Law
- Spinal Awareness
- Keeping your back healthy
- Principles of safer manual handling of loads and equipment
- Personal risk assessment
- Ergonomics
- Formal risk assessment
- Practical aspects of object handling

Related Courses:

- Effective Communication | Duration: 1 Day | Code: SSG09
- Asbestos Awareness | Duration: Half Day | Code: SSH02

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**

