



**Duration: 75 minutes**  
**Course Code: ONHS12**

## Course Description:

Manual handling covers a wide range of activities and incorrect manual handling is one of the most common causes of injury at work. The nature of the load itself doesn't matter if you have to use your muscles, then its manual handling and, well, you're in danger.

## 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.

## Course Contents:

- What is Manual Handling?
- Manual Handling Regulations
- Safe Handling
- Learning Safe Handling Habits
- Practical Manual Handling Solutions
- Use of Mechanical Aids

## Related Courses:

- Working Safely | Code: ONHS13



**Give us a call if you wish to purchase this course: 0114 281 3350**

