

Manual Handling

Course Duration: Short Duration Course

Manual handling means transporting or supporting a load by hand or by bodily force. It includes lifting, putting down, pulling, carrying or moving loads.

Manual handling is one of the most common causes of injury at work and causes over a third of all workplace injuries which can have serious implications for both the employer and the person who has been injured. It is therefore essential that employers manage the risks to their employees by ensuring they are properly trained.

Aim and Objectives:

To make both employers and employees understand the need for safe manual handling.

By the end of the course candidates will:

- Identify when a manual handling assessment is required
- Be aware of relevant regulations regarding manual handling
- Carry out a manual handling risk assessment based on the Manual Handling Operations Regulations 1992.
- Understand the need for accident prevention and control
- Understand basic body mechanics
- Be able to demonstrate safe methods of lifting

Course Content:

- Aims and objectives
- Legal duties
- The definition of manual handling
- Anatomy and physiology
- Employers/employees responsibilities
- Avoiding manual handling
- Reducing the risk of injury
- The working environment
- Good handling techniques
- Practical training and exercise
- Multi-choice question paper
- Course review and questions

Pre-Requisites for Candidates:

No formal qualifications or experience are necessary. Literacy and language comprehension are important requirements on all courses.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

As the course will involve some practical lifting exercises the instructor should be made aware of any pre-existing health conditions that may inhibit your ability to participate.

Training Location Options:

We offer this course from both our Devon & Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice. (Subject to the proposed venue having a suitable classroom facility and any other necessary facilities required for this course) Please contact us for further details.

Course Start Time:

All courses unless agreed otherwise will commence at 8.15am or 12:30pm

Certification:

Certificates are included in the cost of this course and are produced by LTC Training Services Ltd. They will be forwarded to the customer once payment has been received in full and are valid for 3 years.

Equipment:

Candidates are not required to bring any special equipment. Writing materials will be provided.

Lunch and Refreshment Facilities:

Lunches will not be provided. However, water, tea, coffee, fridge and microwave facilities are available in our canteen for your use free of charge.

Accommodation and Transport:

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

Number of Candidates per Course:

A maximum of 12

Refresher Training:

LTC Training Services Ltd recommend that candidates re-attend this course every 3 years to ensure they are aware of current legislation and procedures.

(Date of latest revision: 14th May 2024)