

Manual Handling For Operatives



The Aim of the Course is to:

Provide the candidate with the knowledge and various practical skills involved in manual handling.

The Objective of the Course is to enable delegates to:

Demonstrate the practices of manual handling and lifting as described in the Approved Code of Practice for Manual Handling Operations Regulations 1992 (as amended).

Who Should Attend The Course?

All personnel who are at risk of injury through carrying out manual handling tasks as part of their work duties.

Course Summary

Candidates will participate in theory lessons and practical demonstrations / exercises, all of which are highlighted by the use of OHP & Videos covering :

- The Manual Handling Operations Regulations
- Health & Safety at Work Act 1974 & other relevant legislation
- Duties of Employers
- Duties of Employees
- Identifying the load
- Anatomy of the Spine
- Principles of good movement
- Types & causes of injury
- Practical application of lifting, pushing, pulling and carrying
- Anatomy of the spine

Course Duration

½ - 1 day

Certification

Sibbald Certificate of attendance.

Eligible companies are able to claim grants for this training, which will pay for a substantial amount if not all of the training costs, as this course is CITB approved for grant purposes.

Telephone 01501 732645

Email: email@sibbaldtraining.com