



EUSR – Manual Handling

Aims

The Manual Handling Awareness and Practical Application Course is designed to provide individuals with knowledge and understanding of how to undertake manual handling and lifting operations in a safe manner.

Who Attends

This course will benefit all those who perform manual handling duties including operatives, supervisors and managers.

Course Content

- Understand safe practise for manual handling and the operation of lifting equipment
- Describe the principles of kinetic lifting
- Demonstrate a base lift
- Explain the principles of risk assessment with regards to manual handling activities
- Identify alternatives to manual handling, including the use of lifting equipment
- Understand their responsibilities when requesting the assistance of others when performing lifting and handling operations

Course Duration

This is a half day course.

Maximum Candidates

Maximum attendees: 12 candidates

Qualification Obtained

Registration on EUSR is valid for 3 years from date of training.

Entry Requirements

The minimum entry requirement is a good understanding of spoken and written English.

Additional Information

If you are looking for our Inhouse accredited Manual Handling course, please click [here](#).