

Manual Handling – The Principles

Course Aim

To provide the underlying knowledge required to minimise risks associated with manual handling whilst practical exercises provide the opportunity to apply the principles of safer handling.

Who Should Attend?

Anyone who may need to carry out any type of manual handling activity at work.

Duration 1/2 day

Agenda

- Manual handling hazards, risks and controls
- How manual handling operations can cause injury and harm
- The scope of legal requirements and where guidance can be found
- The process for assessing manual handling risks
- The value of risk assessment and how it applies to safe manual handling practice
- Lifting loads from low levels, working at low levels
- Lowering from height
- Pushing loads, pulling loads
- Carrying, team handling

Certification

Delegates successfully completing the course will receive an HSS Certificate of attendance.

Did you know we also offer the following courses...

- Emergency First Aid at Work
- Fire Marshall
- PASMA – Mobile Access Tower
- Ladder Association – Ladder & Stepladder User
- Working in Confined Spaces – Medium Risk