

# Manual Handling

<b>Accreditation</b>	ESS Certificate
<b>Course duration</b>	Half Day
<b>Certificate valid for</b>	3 years

## Who should attend

This manual handling training course is a superb way to show your staff how to lift safely in a high impact 3 hour course. Once your staff have attended this manual handling training course, they will know how to look after their back properly and your business will be protected from the cost of absenteeism and litigation.

## Course information

### Course Aim

By the end of the course the delegate should be able to:

- Demonstrate the correct method of manual handling of objects.
- Understand their responsibilities under relevant legislation.
- Demonstrate the practices of manual handling and lifting as described in The Manual Handling Operations Regulations 1992.

### Course Content

- MHOR 1992
- Relevant regulations/legislation
- Duties of employees
- Duties of employers
- Introduction to manual handling
- Principles of good movement
- Types and causes of injury
- Anatomy of the spine
- Theoretical examination
- Identifying the load
- Mechanical aids
- Task analysis
- Practical application of lifting, pushing, pulling and carrying

### Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, the maximum number of learners allowed on a course is ten.

## Assessment

Multiple choice question paper.

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## Certification

Delegates will be awarded an Essential Site Skills certificate of attendance, valid for 3 years.

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## More details

Manual handling training should be a regular occurrence for members of staff in a variety of different workplaces and roles as it can:

- Improve work skills
- Improve productivity
- Help identify unsafe workers
- Help identify employees at risk of injury
- Help identify risks in the work place
- Give staff confidence in their tasks

## Raising Awareness

Many employees simply aren't aware that there are physical risks involved with their job. Those that have this mindset often occur injuries through lack of training. Manual handling courses for employees highlights potential dangers and helps staff understand the importance of good practice.

## Best Practice

Manual handling training doesn't just point out the bad, it helps to rectify it by showing best practice. Employees will be taught the correct ways of doing things and how to be safe in the future within their work.

## Teaching in the Work Place

Many companies who offer manual handling training can do so in the work place. Learning in an environment where you spend every day allows staff to directly assimilate the best practices into their own working day easily. This is likely to achieve better results and less injuries.

## Learning Through Experience

There is no point in doing a sit-down class when it comes to manual handling training. That is like teaching somebody to drive without getting behind the wheel. Getting hands on is imperative for employees so they can physically feel how a task or technique should be properly carried out.

## Health Conscious Workforce

The promotion of best practice in the work place equals healthy staff who are free of injury. This means they are more productive, efficient and safe. It can often lead some staff members on to being interested in First Aid courses.