

# NPORS Manual Handling (N704)

<b>Accreditation</b>	NPORS
<b>Course duration</b>	Half Day
<b>Certificate valid for</b>	5 years

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## Who should attend

This NPORS accredited 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.

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## Course information

To provide knowledge and understanding in the following areas:

- Have a basic understanding of the industry, the dangers of working in the industry and their responsibilities as an operative
- State the definition of manual handling, the main causes of manual handling injuries and the reasons for manual handling training
- Describe the function and shape of the human spine
- Describe the function of the intervertebral discs
- Understand the effects of static loading and the risks involved in team lifting
- Demonstrate an understanding of formal and dynamic risk assessment
- Identify and maintain PPE appropriate for manual handling operations
- Conduct all necessary safety checks at the work area
- Describe and demonstrate safe handling techniques

## Entry Requirements

For learners that require the 'HS&E TESTED Logo' displayed on their card they must have passed the CITB Operatives Health, Safety and Environment Test within the last 2 years.

Good understanding of spoken and written English.

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## Assessment

NPORS Theory assessment made up of open questions and multiple choice.

NPORS Practical assessment.

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## Certification

### Traditional NPORS Card

For entrants that wish to apply for the NPORS Traditional Card, there is no requirement to do an NVQ qualification. If the 'HS&E TESTED Logo' is required on the card, entrants must ensure they have attended and passed the CITB Operatives Health, Safety and Environment Test within the two years prior to application for the card.

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## More details

### About NPORS

Established in 1992, the National Plant Operators Registration Scheme is now one of the UK's leading Accreditation and Registration Bodies, working across the Construction, Industrial, Utilities, Warehousing and Distribution, Agricultural, Ports and Marine sectors.

NPORS offers flexibility, whilst maintaining standards, both nationally and internationally by working with industry and Accredited Training Providers.

### Validating An NPORS Operator Card

The categories on the reverse of the Operator Card can be validated by scanning in the QR code on the front of the card, using the online card checker or by contacting NPORS on 01606 351240.