**Manual Handling**

**Course Aims**

Provide the candidate with the knowledge and various practical skills involved in manual handling using suitable techniques

**Who is the course suitable for?**

All personnel who are at risk of injury from manual handling tasks as part of their work duties

| **Overview:** |
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| Price: | tbc |
| Duration: | 1/2 day |
| Certification: |  |
| Maximum candidates: | 12 |

**Course Objectives**

Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts. The term manual handling covers a wide variety of activities including lifting, lowering, pushing, pulling and carrying. If any of these tasks are not carried out appropriately there is a risk of injury.

Delegates will learn the principles behind safe manual handling of loads. To lift and carry loads within their capacity using aids and assistance as required. They will learn how to state the parts of the body at risk of injury when lifting incorrectly and the injuries that may occur as a result. They will be able to demonstrate the techniques that can be applied to the manual handling of loads in order to achieve economy of effort and observe the improvements in their manual handling skills.