

Course Profile

Moving & Handling Loads

Venue or In-house

Duration

Half Day – usually 9.00am – 12.30pm or 1.00pm – 4.30pm. May be arranged at a time to suit individual company requirements.

Description

This course is designed to give employees an understanding of the principles of correct handling techniques by explanation, video presentation, demonstration and practical exercises. The recognition of harmful lifting practice is also covered.

Assessment

On completion of the course, delegates will have an understanding of:

The Manual Handling Regulations 1992

- + the duties of the employer
- + the duties of the employee

The structure and function of the spine

- + mechanics and movement

and will have a practical understanding of:

The basics of lifting, moving and carrying

Assessment of:

- + the individual
- + the task
- + the load
- + the working environment

Manual handling techniques

- + appropriate to the workplace
- + local problems

Prerequisites

Nil. The course involves student participation in controlled practical exercises. Delegates are given the option to decline engaging in these activities should they wish.

Suitability

Any person, employer or employee required to move equipment of any nature, subject to the Manual Handling Regulations 1992.

Typical interest groups

Line Managers, Warehouse Persons, Construction Workers, Catering Staff, Caretakers, etc.

Qualification

After completing the course, delegates will receive an attendance certificate.

Course Size

Maximum course size 10.



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