

Manual Handling



Why do you need it?

To understanding the principals for manual handling and to prevent manual handling injuries from occurring leading to time off work.

Who is it for?

All persons who lift or pick up anything within their workplace and who need to know how to do so safely.

Pre-requisites

None

Aims:

- To carry out all manual handling safely
- To reduce manual handling injuries within the workplace
- Improve the safety performance of the company

Content

- Types of manual handling
- Factors that cause manual handling problems
- T.I.L.E
- Task
- Individual
- Load
- Environment
- Other factors
- First Aid
- Team lifting
- Mechanical aids

What next:

- IOSH Working Safely
- First Aid
- Fire awareness

Duration: 1 day

For more details contact us on 01322 221900