

Manual handling training workshop

Overview

According to HSE statistics, year-on-year, accidents and incidents associated with manual handling form a significant percentage of all accidents and incidents that are reported to HSE – typically, the most.

This course is aimed at providing a good understanding of how to understand Regulations related to manual handling, what actually constitutes 'manual handling', best practice in manual handling techniques (where manual handling is unavoidable) and carry out suitable and sufficient risk assessments.

Course duration

The training workshop is of half a day duration (3.5 hours).

Depending on client preferences, the course will start at either 09.30am (09.00 registration) or 1.30pm (1.00pm registration) and finish at 1.00pm or 5.00 pm respectively.

What will the training workshop cover?

The training workshop will cover the following key attributes and control measures:

- The Manual Handling Operations Regulations – an overview of the Regulations and how to apply them
- Manual handling in the workplace – what does this actually mean?
- Human anatomy – limitations and risks associated with manual handling
- Types of injury / causes, of injury through adopting poor manual handling techniques e.g. WRULD (Work Related Upper Limb Disorders) and lower back injuries
- Effective risk assessment – LITE
- Best practice when manual handling is unavoidable
- PPE requirements in association with ensuring safe manual handling activities

Certification

All candidates will be required to complete a simple, straightforward written examination to verify that they have fully understood the scope and content of this training workshop.

On completion of the training workshop, all successful candidates will receive a certification of attendance.

Issue 1:06/2014