

# Manual Handling Training



## WHO SHOULD ATTEND

- Managers
- Supervisors
- Operatives
- Labourers
- Employees

## COURSE DURATION

- ½ Day

## COURSE CONTENT

- Manual Handling Injury Statistics
- Legislation
- Anatomy and Injury
- Principles of Safe Manual Handling
- Hazard and Risk
- Risk Assessment & Record Keeping
- Practical Solutions in the Workplace

## AIMS

This course outlines the requirement for manual handling risk assessment and provides practical guidance in order to reduce ill health through injury and upper limb disorders.