



SELECT
HEALTH & SAFETY

Manual Handling Training



WHO SHOULD ATTEND

- Site Labourers
- Forklift Operators
- Operatives

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

15a Hallgate
Doncaster
South Yorkshire
DN1 3NA

Tel 01302 305832

Email admin@selecthealthandsafety.co.uk