



## **COURSE TITLE: Manual Handling Awareness**

### **DESCRIPTION**

This interactive and comprehensive course has been designed to assist employers in meeting the requirements of the Manual Handling Operation Regulations 1992. This course is aimed at anyone who requires basic training in manual handling of inanimate objects as part of their job function and is ideal for all workplace requirements. The course provides the necessary knowledge to enable personnel to identify manual handling activities, to follow a systematic approach to assessing a lift and in undertaking the lift using correct techniques.

### **DURATION**

2 hours approximately consisting of theoretical and practical activities.

### **SYLLABUS**

A range of subjects is covered including:

- Manual handling legislation
- Anatomy of the spine
- Pulling & pushing
- Co-ordinated lift
- Definition of manual handling
- Manual handling injuries
- Lifting techniques
- Practical exercise
- HSE statistics
- Assessment (LITE)
- Single person lift

### **BESPOKE**

We can also provide bespoke training courses, or can include additional modules as required.

### **CERTIFICATION**

A certificate will be issued to those who attend the full session and meet the criteria.

### **INSTRUCTORS**

The course is delivered by instructors who have many years experience of teaching, have practical fire safety experience and are familiar with the healthcare environment.

### **NUMBERS**

A maximum of 16 delegates can be accommodated per instructor. Larger groups can be catered for, but the ratio must not exceed 16 students per instructor.

### **LOCATION**

We are able to deliver this course on your site, reducing your costs in respect of additional time out and travelling.

### **AGE LIMIT**

Delegates must be a minimum of 16 years of age.

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