



2 Hr Training: Manual Handling Awareness

Aims:

This enjoyable and interactive course aims to increase awareness of manual handling injuries and how to avoid them, and train staff in good manual handling practice.

[NB: For those who need to know more about Manual Handling *Risk Assessment* a longer, 3-hour, course is recommended or the receipt of 1:1 coaching.]

Objectives:

By the end of the course, participants will be able to:

- Know what activities are included in the term 'manual handling'
- Identify why people get back problems & how big a problem it is nationally
- Explain the influence of the 'Lever Effect' during manual handling operations and how to use this knowledge to best advantage when moving loads manually
- Describe the structures in the back what actually happens when it all goes wrong
- Demonstrate the principal steps in correct lifting and problems to avoid
- Outline some of the key principles behind successful 'Team Lifting' and pushing/pulling operations

Costs:

£300 +VAT to train 12 persons (maximum).

Travel: No charge for businesses within 30 miles from Bournemouth - otherwise mileage is charged at 40p/mile.

Notes:

All training is carried out by a Chartered Safety & Health Practitioner and Trained Trainer.

Attendance Certificates are issued to all attendees after completing the course.

If carried out for a single company, then a 'pre-meeting' is advisable to ensure the facilitator is aware of the H&S context e.g. status of Policy, Risk Assessments etc.
Costs correct for year: 2010

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