

Introduction

Manual handling injuries are common and very costly to industry. They can be greatly reduced by training and good practice.

The Manual Handling Operations Legislation 1992 places obligations on employers to assess manual handling operations and take all reasonable steps to prevent injury.

Aim

To enable delegates to recognise, assess and reduce manual handling risks.

Course content

- Anatomy and physiology for handling assessors
- Knowledge of muscular-skeletal injury patterns
- Incidence and costs of handling injuries / incidents
- Good handling concepts
- Legal responsibilities for managing manual handling risks
- Key elements in conducting a task-based manual handling assessment
- Overview of the bodyguard system

Outcomes

Delegates will be able to:

- Understand and be able to assess the risks associated with manual handling
- Understand the techniques and aids which can reduce the risks of injury

Suitable for: HSE staff, supervisors, operatives

Prior Knowledge/training: None required

Course Duration: 1 day

Numbers: Minimum 4, maximum 12

