

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

- Awareness of manual handling risk assessment systems (e.g. era)
- Anatomy and physiology for manual handling
- 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
- Developing the ability to undertake MH risk assessments in the work place
- Overview of a risk assessment software (era)

Outcomes

Delegates will be able to:

- Understand the key points of legislation relating to manual handling activities
- Understand and be able to assess the risks associated with manual handling
- Understand the techniques and aids which can reduce the risks of injury
- Operate a software assessment tool

Suitable for: HSE staff, supervisors, operatives with responsibility for manual handling assessment

Prior Knowledge/training: None required

Course Duration: 1 day

Numbers: Minimum 4, maximum 12

