



## Manual Handling Risk Assessment Training Course Overview

### Accreditation

Certificated

### Length of Certification

3 Years

### Duration

1 Day

### Max Number of Delegates

12 Delegates Maximum

### Who should attend?

This programme is designed for any person who may be required to carry manual handling assessments in the workplace or requires familiarisation with the associated regulations and good working practices.

### Aim

To provide delegates with a thorough understanding of how to complete a manual handling risk assessment to minimise the risk of injury to operatives when carrying out manual handling activities by increasing awareness of potential manual handling hazards in the workplace and their outcomes.

### Content

- Health & Safety at work Act
- Manual Handling Operations Regulations
- Accident statistics and Manual Handling issues in the UK
- The functions of the spine and muscular system
- Typical Manual Handling injuries in the workplace
- Hazard identification and assessment of correct handling techniques
- Manual Handling Risk Assessment process
- Manual Handling Assessment chart tool
- Available guidance & information

### Knowledge

By the end of the course delegates will be able to:

- Summarise the legislation and manual handling regulations that relate to lifting in the workplace
- Appreciate the financial impact on industry caused by injuries from poor manual handling
- Identify and assess potential hazards and chose appropriate methods of risk control which includes the selection of any lifting equipment that may be required
- Communicate manual handling risks to the workforce and management.

### Training Methods

A high proportion of group participation including completing sample manual handling risk assessments, supplemented with video and classroom-based tutorials.

### Additional information

Delegates attending this course should be physically and mentally fit to withstand the rigours of training