

# MANUAL HANDLING



**MAX NO. OF DELEGATES:**

**10**

**DURATION:**

**1/2 DAY**

**LENGTH OF CERTIFICATION:**

**3 YEARS**

**ACCREDITATION:**

**NPORS, HIGHFIELD, COTS CERT**



## WHO SHOULD ATTEND

This programme is designed for Employees, Supervisors and Managers who are likely to lift items in various scenarios or for those who supervise a team that may do so.



## COURSE AIM

This course will provide you with the basic skills, knowledge and information to safely lift, carry and manoeuvre items to reduce the risk of damage or injury to various parts of the body.



## TRAINING METHODS

A proportion of hands-on demonstrations and practical exercises, supplemented with classroom based tutorials. Students will be required to demonstrate their new skills in a range of scenarios.



## RATIOS

Accred	In-house	Highfield
1/2 Day	10:1	10:1



## COURSE CONTENT

- Relevant legislation
- What are the hazards
- Duty of care
- Consider Manual Handling operations
- Risk assessments and safe systems of work
- What is considered manual handling
- Understand the skeletal structure and how force causes injury
- Carry out correct manual handling techniques
- Dealing with emergencies
- PPE
- Practical assessment



## ADDITIONAL INFO

Delegates attending this course should be **16+ years** and be physically and mentally fit to withstand the rigours of this training.



## LOCATIONS

Cardiff, Swansea, Client Site