

Manual Handling Awareness

Course Description

This course is designed for employees or self-employed who work within a controlled environment, whose range of manual handling tasks are limited. Employees who work for an employer who has already assessed the risks of manual handling but who wish to gain an insight into manual handling at a basic awareness level.

Content

At the end of the course participants will be able to:

- State the principles of safe lifting to minimise risk of injury
- Be aware of parts of your body that are at risk of injury due to poor handling techniques and understand common injuries and how they occur
- Better recognise the risks of manual handling and how to reduce them in your workplace.

Venue

Park Hill Training & Assessment Centre, LE12 7NG, or at your place of work if numbers and resources allow. There are a variety of hotels and farmhouse B & B's all within easy reach of our centre, please contact us if you require further details.

Duration

1/2 Day— Classroom
9.00am—12.00pm approx.

Equipment Required

Please bring suitable work shoes and clothing for the practical exercises.

Pre-requisites

None.

Further information

Lantra Awards— www.lantra-awards.co.uk,

