

Manual Handling Awareness

This course is designed for employees or self-employed whose range of manual handling tasks are limited.

Half Day Training
08.30 – 12.00 approx.

The course covers...

- 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

At your place of work or Park Hill Training & Assessment Centre, LE12 7NG.
There are a variety of hotels and farmhouse B & B's all within easy reach of our centre.
Map and Accommodation list can be found on our website's [Contact Us](#) page

Equipment

For Park Hill Training courses minimal requirement are suitable clothing/footwear for the practical exercises.

Course requirements are listed on the next page for courses taken on your site.

Pre- Requisites

None



Park Hill Training & Assessment Centre

Park Farm, Park Hill Lane, Seagrave, Loughborough, LE12 7NG

T: 01509 815534

F: 0345 5578 498

www.parkhilltraining.co.uk

info@parkhilltraining.co.uk

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Venue Requirements (if course is at your site)

Room/ Area Required

- For theory sessions: A dry, clean and warm room with power supply and tables and chairs for all trainees.
- Flipchart or whiteboard and marker pens.
- A suitable area for trainees to practice safe manual handling
- Washroom and toilet facilities.
- First Aid Equipment.
- Fire Extinguisher.

Equipment Required

- PPE for all trainees to include:
 - Suitable clothing, including footwear.

Other Requirements

- Upon arrival on site the instructor may postpone the training or assessment if the equipment or site are unsuitable. Payment will still be due and there will be an extra cost for the rescheduled day.
- All trainees must be fit enough for the training or assessment.



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