

# Manual Handling for Managers & Supervisors

This course is designed for managers and supervisors who have little or no knowledge of manual handling and are required to understand the law including how to carry out risk assessments for manual handling.

One Day Training

08.30 – 16.00 approx.

The course covers...

- State the principles of correct lifting technique to minimise risk of injuries
- 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 understand the risks of manual handling and help to reduce them in your workplace.
- Recognise your responsibilities and duties as an employer regarding manual handling regulations
- Carry out risk assessment of manual handling tasks using documents provided.

## 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 gloves, overalls & protective 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](http://www.parkhilltraining.co.uk)

[info@parkhilltraining.co.uk](mailto: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:
  - Gloves, overalls & protective footwear.

### Other Requirements

- Upon arrival on site the instructor may postpone the training 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.



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