

Manual Handling in Practice

This course explains the requirements of the Manual Handling Operations Regulations 1992. Back injuries are responsible for industrial output being lost through absence from work to the sum of well over £1 billion every year.

This Manual Handling course will make delegates aware of the problems associated with the manual movement of goods and emphasise the application of good handling techniques through demonstrations and practical work.

Who should attend this Manual Handling in Practice course?

Anyone who undertakes manual lifting and handling.

What are the benefits of attending Manual Handling in Practice training?

Delegates will understand the effects of incorrect lifting and through theory and demonstration and practice apply safe lifting techniques. The course includes both theoretical and practical training.

Key topics

- Problems associated with manual handling
- Legal requirements including Manual Handling Operations Regulations 1992
- Basic principles of handling techniques
- Demonstration/practical work
- Hazardous situations and their assessment

Course Duration

1 Day

Course Cost

£475 for up to 12 Delegates

For further information please email training@greenleavesrm.co.uk



Health Safety Environmental

TRAINING AND CONSULTANCY