



Manual Handling

Duration: 3 Hour

Max Participants: 12 Delegates

Who Should Attend

The course is aimed at anyone who requires a basic understand of manual handling and how to lift and carry loads correctly.

Aim

The aim of the course is to give the students the principles of best practice in the manual handling of inanimate objects

Objectives

Delegates will be aware of the principles behind safe manual handling of loads. To lift and carry loads within their capacity using aids and assistance as required. They will learn how to state the parts of the body at risk of injury when lifting incorrectly and the injuries that may occur as a result. They will be able to demonstrate the techniques that can be applied to the manual handling of loads in order to achieve economy of effort and observe the improvements in their manual handling skills.

Content

- Introduction to Manual Handling
- Statistical Evidence
- Legislation
- Understanding of anatomy related to manual handling
- The leverage effect
- Causes of back pain
- Introduction to base movement
- Top heavy movement
- Dual lifting techniques
- Team lifting techniques
- Personal Protective Equipment
- The use of mechanised lifting aids
- Workplace specific practical application

Method of Delivery and Evaluation

A combination of classroom based activity, syndicate working and presentation/demonstrations, practical application. A wide range of video and photographic material is used to enhance the learning experience for delegates.

Continue assessment process leading to certification on successfully completing the course.

Health & Safety

M-Fire takes health and safety very seriously, all tasks that we carry out from engineering and training to operational fire fighting have been carefully looked at by our own Health & Safety advisors, risk assessments and method statements have been carried out to protect our clients, staff and members of the general public.

Long Term Evaluation

The delegates will receive an A4 certificate as proof of attendance which currently lasts for 3 years. It is strongly advised that the candidate attends a refresher course every three years. After successfully completing an M-Fire Manual Handling course the candidates will have a much greater understanding of the principles behind safe manual handling of loads.

**For further information on our courses
or any of the services we provide
why not contact us on 03333 445 007 or
by email at training@m-fire.co.uk**

- Fire Training
- First Aid Training
- Manual Handling Training
- Specialist Training
- Fire Extinguisher Maintenance
- Fire Alarm Maintenance
- Dry Risers, Hydrants and Hose Reels
- Fire Risk Assessments
- Safety Signs
- Event Fire Cover

m-fire

Working for a Safer Community

www.m-fire.co.uk

Courses can be completed nationwide at clients premises or local training venues can be arranged to suit your needs.
Or at our training centre in South Lincolnshire.