



MANUAL HANDLING

General

This course is specifically designed to help the individual identify potential risk situations and prevent the occurrence of any injuries. Approximately 50% of people who have time off work because of back problems have another attack within a year. The annual cost of this absence is thought to be £3000 million. This course can be tailor made to suit the specific needs of the customer.

Course Content

The course covers:

- Role and responsibility of employer and employees under the Health & Safety at Work Act 1974
- Manual Handling Techniques
- Common injuries
- Lifting capacities and load assessment
- To understand the anatomy and musculoskeletal system of the back
- How to reduce risk and injury
- Practice lifting techniques

Course Duration One day

Course Loading Max trainee / instructor ratio is 12:1

Course Location Customer premises or suitable nearby locations nationwide.

Certification Trainees will be issued with a certificate of attendance.

0800
3283297


SPECIALIST
TRAINING + CONSULTANCY SERVICES

Venture Court Metcalf Drive Altham Industrial Estate Altham Accrington Lancashire BB5 5TU
T 0800 3283297 F 01282 687091 www.specialisttraining.co.uk enquiries@specialisttraining.co.uk

