

Manual Handling Training

Manual handling accidents account for more than a third of all accidents reported each year. While fatal manual handling accidents are rare, accidents resulting in a major injury are more common, accounting for more than 10% of the total number of reported manual accidents. The vast majority of reported manual handling accidents result in over-three-day injury, most commonly a sprain or strain, often of the back.

Introduction

The most common injuries that happen in a workplace are back injuries, which affect more than a million people in the UK. Injuring your back will limit your movement and your ability to care for someone and It could take a long time for you to recover.

Lifting someone incorrectly can also damage fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts.

Duration

Half Day (4 hours) - We are flexible with starting times to meet the needs of your business.

We are flexible with Start times to accommodate the needs of your business. Please feel free to discuss your timings with us.

Who is this course suitable for:

Everyone who carries out manual handling tasks in the course of their work. This includes Office staff who may have manual handling activities of a low risk to Care Staff and warehouse operatives who have a higher risk of sustaining injury from Manual handling activities.

Course aims:

To provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and their outcomes.

Course content:

The length of the Manual Handling training course is a half day incorporating both theoretical and practical input. Some of the topics included in the Manual Handling training include:

- Responsibilities imposed by the Manual Handling Operations Regulations (M.H.O.R.)
- Responsibilities of managers and senior staff
- Introduction to what is Manual Handling
- Practical techniques and manual handling assessments
- Risk assessment
- Handling aids and equipment
- Work organisation factors
- Movement of Loads
- Manual handling injuries and the activities which cause them
- Musculoskeletal Injuries
- Policies, procedures and maintain documentation
- Health and safety principles
- Workplace legislation
- Practical assessment

Assessment and Certification:

This Manual Handling Awareness course will be continuously assessed by the course tutor and each participant will be required to participate in theoretical and practical work during the course. Delegates will receive a Certificate of Competence on successful completion of the course. It is recommended that, in the absence of any injuries at work due to manual handling, this course should be refreshed every three years or where a review is required.

Did you know we also deliver the following training courses?

First Aid Training

One Day Emergency First Aid at Work
Two Day First Aid at Work
Three Day First aid at Work
First Aid Two Day Refresher Course
Paediatric First Aid Training Courses meeting
EYFS requirements
First Aid (AED) Automated External Defibrillator
First Aid - Basic Life Support
First Aid at Work - requalification

Fire Safety Training

Fire Awareness Training
Fire Warden/Marshal Training
Fire Safety in the Workplace Training
Fire Risk Assessment Training
Level 1 Award in Fire Safety Awareness

Health & Safety Training

Health and Safety Awareness in the Workplace
COSHH Training
Risk Assessment Training
Manual Handling Awareness Training
Moving and Handling of People
Working at Height
IOSH Managing Safely
IOSH Working Safely

Food Safety Training

Level 1 Award in Food Safety Awareness in
Catering
Level 1 Award in Induction to Food Safety for
Manufacturing
Level 1 Award in Induction to Food Safety for
Retail
Level 2 Award in Food Safety for Manufacturing
Level 2 Award in Food Safety in Catering

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First Aid Training Courses
Paediatric First Aid Training Courses
Fire Safety Training Courses
Manual Handling Training Courses
Health and Safety Training Courses



For enquiries or if you wish to discuss your training requirements with us please call us on **0800 088 6551** and speak to one of our training consultants.