

MANUAL HANDLING COURSE OUTLINE

Waste Wise

Training ~ Consultancy ~ Health & Safety

WHO IS IT FOR?

This is a 1-day course for anyone who uses bodily force to lift or move objects as part of their everyday work.



COURSE STRUCTURE

This course is divided into two parts and will cover the following:

Morning

- Incident case studies – practical exercise
- Relevant legislation – a brief overview
- How injuries occur
- How to avoid back injuries – think TILE
- Good manual handling techniques
- Risk Assessment – planned and dynamic and use of MAC Tool
- Sources of information and guidance

Afternoon

- Transferring knowledge into practice – practical applications in workplace situations
- Action planning for improved safety performance
- Test



OUTCOMES

By the end of the course you should be able to:

- Know all issues of safe and correct lifting and handling techniques.
- Understand how and why people are exposed to injuries.
- Know the differences between good and bad practice.
- Identify potential injury risks in the workplace.
- Know how to avoid injuries in the workplace.
- Understand risk assessments relating to your job roles in the workplace.
- Gain practical experience of correct manual handling techniques in the workplace.

