

COURSE DURATION: HALF DAY

COURSE OVERVIEW

This practical course aims to raise awareness of the potential injuries that are associated with poor manual handling practices. It is suitable for managers, supervisors and all members of staff who undertake any form of manual handling as part of their role.

BENEFITS

To ensure delegates have a better understanding of:

- Their legal responsibilities.
- How to design safe manual handling operations.
- How effective manual handling operations can ensure safety.

COURSE CONTENT

- Legal requirements
- Benefits of safe practice
- The anatomy of back pain
- Risk factors
- How to carry out safe manual handling
- Control measures and appropriate systems of work
- Practical exercise

MANUAL HANDLING



PRICES

Open course: £120.00 per person + VAT (group discounts available)

On-site training: £625.00 + VAT (max. 10 delegates)

We accept the following cards 

