



Manual Handling Training

This course is intended to promote manual handling techniques, procedures and legislation.

Course Content

Introduction	Course Aim and Objectives
Manual Handling at Work	Definition and clarification of manual handling
Injuries	Description of common injuries
Consequences	The resulting costs associated with Manual Handling
High Risk Activities	Common errors in lifting
Back pain	Causes, illustration of a prolapsed disc
Requirements for Manual Handling	Avoidance, Assessment, Risk Reduction, Training
Risk Assessment	Covering Task, Individual, Load, Environment as well as the inherent risks.
Individual Risk Assessment	Covering how to go about doing an onsite individual risk assessment for the job, selecting possible methods of reducing risks
Good Base Movement	Diagram showing the full positions from standing, to lift an object from the floor and back to full standing position.
Assessment (Practical/Theory)	Individual Assessment on the Correct Procedure and legislation associated with Manual Handling.
Course Evaluation and Close	

Course Duration	Ratio	Location
½ Day	1 Instructor : 6 Candidates : 1 Machine	FTS Training Centre ✓ On Site ✓

Examination and Certification

At the end of the course and subject to the candidate passing the course a certificate will be issued and valid for a period of three years