

**Course Title****Manual Handling Awareness****Course Overview**

More than a third of all over-three-day injuries reported each year to HSE and local authorities are caused by manual handling - the transporting or supporting of loads by hand or by bodily force. The Manual Handling Operations Regulations 1992, as amended in 2002 ('the Regulations') apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either inanimate - such as a box or a trolley, or animate - a person or an animal. Current Legislation places a responsibility on employers to provide adequate training to make aware the risks and potential hazards.

**Who Should Attend**

People who are involved in the wide scope of manual handling – this abnormally applies to the majority of the workforce in all sectors of industry.

**Course Content**

- Review of Manual Handling Operations Regulations 1992 (as amended 2004)
- Employer / Employee obligations
- Common back injuries and their causes
- Spine and vertebrae structures
- Types of injuries, skeletal, muscular
- Biomechanics
- Effect of posture and load position
- Principles of good movement
- Lifting & lowering
- Pushing & pulling
- Video presentation
- Risk Assessment Session
- Practical Session

**Course Outcome**

- Understand the causes of common back injuries
- Understand the principles of good movement
- Know how to apply these principles to their own work situations
- Have practised the correct movements under the supervision of the trainer

**Course Durations**

Our Manual Handling course is a one day course for a maximum of 10 people

