

# SYNERGY

## TRAINING SOLUTIONS

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### **Manual Handling Training Course – ½ Day**

#### **THE AIM OF THE COURSE:**

To provide candidates with the knowledge and practical skills relating to safe manual handling procedures.

#### **THE COURSE OBJECTIVE:**

Demonstrate the practices of manual handling and lifting as described in the Approved Code of Practice for Manual Handling Operations Regulations 1992.

#### **WHO SHOULD ATTEND:**

All personnel who are at risk of injury through carrying out manual handling tasks as part of their workplace duties.

#### **COURSE REQUIREMENTS:**

Candidates do not require any previous experience but must be able to certify that they are physically fit and have no medical conditions that might prevent them from attending this course. Delegates should be able to write and speak in English. Safety equipment will be supplied by your trainer.

#### **COURSE SUMMARY:**

Candidates will participate in theory lessons and practical demonstrations / exercises, all of which are highlighted by the use of Video Presentations covering.

- The Manual Handling Operations Regulations
- Health & Safety at Work Act 1974 (and other relevant legislation)
- Provision and Use of Work Equipment Regulations
- Duties as Employers
- Duties of Employees
- Identifying the load
- Practical application of lifting, pushing, pulling and carrying
- Types & causes of injury
- Anatomy of the spine
- Theory & Practical Assessment

#### **CERTIFICATION:**

Certificate of Competence, valid for 3 years before renewal.