



Manual Handling

Introduction

This course gives candidates an overview of safe lifting techniques and an insight into the hazards and risks involved in manual handling. Delegates will learn how to dynamically risk assess a lifting activity to minimise the risk to themselves and others.

All employers have a legal duty under the Manual Handling Operations Regulations 1992 and the Management of Health and Safety at Work Regulations 1999 to ensure employees are suitably trained. Further information is available at <http://www.hse.gov.uk/msd/pushpull/regulations.htm>

According to the Health & Safety Executive, "Manual handling accounts for over a third of all workplace injuries, and includes work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.." <http://www.hse.gov.uk/toolbox/manual.htm>

Further information about Health & Safety Executive guidelines on Manual Handling is available at <http://www.hse.gov.uk/pubns/indg143.pdf>

Learning Outcomes

- On completion of Manual Handling training, delegates will be able to:
- Demonstrate knowledge and understanding of health and safety responsibilities around manual handling.
 - Undertake a dynamic manual handling risk assessment using the TILE approach.
 - Correctly lift a load in a workplace environment using specific techniques.
 - Explain the common injuries sustained through manual handling and how to develop a safe system of work for manual handling activities.
 - State reasons why it is important to observe manual handling best practice in the workplace.

Audience	Youth, Sports and Culture, Social, Family and Voluntary Support, Justice and Crime Prevention, Health, Education, Early Years and Childcare, Business Support
Age Ranges	0 - 5 yrs / 5 - 7 yrs / 7 - 11 yrs / 11 - 19 yrs
Trainer	Charlotte Collyer

Start Date	Venue	Times	Event Code
28 Jun 2019	King Charles Centre Surbiton, Hollyfield Road, KT5 9AL	10:00 to 13:00	HLTH 19/032