



Crystal Safety Services
"Providing Clarity to Health & Safety"

Principles of Manual Handling

This course is aimed at those who carry out manual handling activities at work and introduces students to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

Successful completion will prepare students to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors.

Topics Covered

- The process of manual handling in the workplace
- Manual handling injuries and the activities which cause them
- Manual handling assessment and control options
- Responsibilities imposed by the Manual Handling Operations Regulations
- Kinetic lifting (practical)

Target Audience

Operatives concerned with the lifting and carrying of materials as part of their day-to-day activities

Course Aims

To develop an understanding of the principles of manual handling, the potential for injuries and the preventative measures available

Course Objectives

- To identify relevant manual handling situations in his or her own workplace
- To understand the causative factors behind manual handling injuries and the control measures that may be adopted to reduce the level of risk
- To create an awareness of the need for manual handling tasks to be assessed
- To understand the fundamental requirements of the Manual Handling Operations Regulations 1992

Duration

½ Day (3 hours)

Certification:

A certificate of attendance is provided by Crystal Safety Services