

MANUAL HANDLING

About this course

Manual handling is defined in a legal sense as lifting, lowering, carrying, pushing or pulling. This means manual handling covers everything from an office worker carrying some paper or a teaching assistant carrying a box of toys to a warehouse operative operating a pallet truck.

This course explains how manual handling injuries are caused and the actions required to mitigate the risks. This includes the manual handling hierarchy of control and the five steps to a safer lift.



Suitable for:

As almost everyone engages in manual handling activities, this course is suitable for all employees across a wide range of working environments.



Course covers:

The definition of manual handling and examples of activities.

Manual handling injuries and the actions taken to prevent them.

How to lift, carry, move and place a load.

How to safely push and pull a load.



Health & Safety Essentials

This course is included in our Health & Safety Essentials pack which also includes:

- Display Screen Equipment
- Fire Safety
- Asbestos Awareness
- Slips, Trips & Falls
- Pandemic Awareness

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