



MANUAL HANDLING

COURSE CONTENT

AIM

To give delegates information on Manual Handling Operations Regulations 1992 (as amended) and to make them aware of accidents/injuries that can occur whilst handling or moving materials and objects.

Pre-Requisite

No previous experience required.

Course Duration

1 day.

Maximum Number

10 persons.

Training Aids

Lecture notes and audio visual presentation.

Assessment

Observation

Certification

On successful completion of the course candidates will receive a NETA certificate.

Please Note: NETA certificates have an advised expiry of 3 years from date of issue.

Additional Information

Meeting the needs and expectations of service users is of the highest priority to our staff. Therefore if you have any concerns or wish to make a comment about the service please contact: info@NETA.co.uk

COURSE OBJECTIVES

On completion of the course the delegate will be capable of:

- Understanding the requirements of the Health and Safety at Work Act 1974.
- Understanding/interpreting the Manual Handling Operations Regulations 1992 (as amended).
- Carrying out Manual Handling Assessments (MAC Assessment tool).
- Completing MAC documentation.
- Identifying alternative methods of lifting and moving objects.
- Lifting and moving objects using correct methods.
- Identifying injuries associated with lifting and moving objects.
- Use correct lifting techniques.

COURSE SYLLABUS

- Health and Safety Legislation
- The manual handling problem
- The human and financial cost of accidents
- Causes of back problems – on and off site
- Common injuries associated with poor manual handling
- Manual handling operation regulations
- Employer / employee duties
- The manual handling assessment chart (MAC)
- Manual handling assessment (practical)

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