



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

½ 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/interpreting the requirements of the appropriate part of the Health and Safety at Work Act 1974.
- Understanding/interpreting the Manual Handling Operations Regulations 1992 (as amended).
- To give delegates a basic knowledge of the 'Back' and how it works
- Understanding how injuries occur and the causes of injuries
- Completing documentation.
- Identifying alternative methods of lifting and moving objects.
- Lifting and moving objects using correct methods.
- Employer and employee responsibilities

COURSE SYLLABUS

- Health and Safety Legislation
- The manual handling problem
- Human and financial costs of accidents
- Causes of back problems – on and off site
- Common injuries associated with poor manual handling
- Employer / employee duties
- Correct lifting techniques

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