



Manual Handling Operations

Duration: 3.5 Hours

Aim: To reduce risk to employees of handling related injury through development of an understanding of the effect of manual handling activity and the principles of safe manual handling.

Objectives:

On completion of this course employees will be able to,

1. Describe their legal obligations to undertake safe manual handling.
2. Appreciate the risk assessment process in relation to manual handling operations.
3. Appreciate the effect of incorrect manual handling and excessive manual handling on the body.
4. Apply the correct method of handling and moving a load using manual lifting and handling and mechanical aids.

Programme

Introduction:	The size of the manual handling problem. What is meant by manual handling?
The Law:	The employer's efforts to maintain compliance. The employee's responsibilities.
TILE:	An introduction to Manual handling assessment.
Injury:	Causes and effects on the body – back elbows knees etc. Cumulative injury issues.
Manual Handling Principles:	Maintaining posture, rules, load assessment, Team lifting. Using handling equipment – pump trucks, trolleys, etc.
Demonstration/Practice:	Basic manual lifting and handling methods.
Post Course Test:	Multiple choice questionnaire.