

Manual Handling Principles Training

Open and on site Workshops

Duration 3 hours Delivered by qualified (NEBOSH L6 Diploma) Trainer (City & Guilds)

Training Workshop Aims

- To gain awareness and knowledge in order to help us to,
- Sufficiently contribute to a reduction of individual muscular skeletal ill health
- Confidently contribute to ongoing manual handling improvements
- Attain Pass/Merit/Distinction certification

Objectives

- To have a knowledge of;
- Health and safety legislation and background
Our responsibilities to ourselves and others when manual handling
Best practice and good choices when manual handling



To have answers to all of these questions;

- What is Manual handling?
- Why do we need manual handling training?
- When do we need to use best practice?
- Where are we required to use mechanical aids?
- How would we implement good techniques?

To test what we have learned;

- Engage, contribute and complete exercises during the learning
- Complete a multiple choice measurement of the days learning.

Learning by delivery of

Tutor information, group activity and discussion, visual aids, dvd, powerpoint and workbook

To include;

- Moral, legal and financial consequences Related biological effects
- The Manual Handling operations Regulations 1992 and other applicable legislation
- Display Screen Equipment and Workstation Ergonomics
- The hierarchy of control and T.I.L.E.O.
- Risk perception, defining hazard and risk in Manual Handling
- Mechanical aids, Good techniques & Know your limits

To take away

Training workbook PowerPoint notes

Certification (Attended, Passed, Merit or Distinction)

