



the **key** consultancy limited

In-company Training

Manual Handling 1 Day Workshop

Aims

To enable delegates to understand their responsibilities for safe working during manual handling operations.

Objectives

At the end of the workshop each delegate should be able to:

Outline the legal responsibilities in terms of the Health & Safety at Work etc Act 1974, and the Manual Handling Operations Regulations 1992

Explain the effect of musculo-skeletal and factors in terms of their potential for injury

Make a personal assessment of manual handling operations and avoid the risks or adopt appropriate risk reduction measures

Practice safe lifting techniques and reduce body stressors

Practice safe lifting as part of a team effort

Programme Content

Introduction

The problem of manual handling in a national context

Discussion

The problem as it exists in your company

Legal issues

Economic issues

Anatomy & Physiology

Structure of the spine

Use of muscles

Typical manual handling problems

Lifting Techniques

Principles

Demonstration

Practice

Group lifting principles

Group lifting practice

Assessment

Load, individual, task and environment