



the **key** consultancy limited

In-company training

Manual Handling Half Day

Aims

The course aims to help delegates develop good manual handling practices that are applicable in their own workplace.

Objectives

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

- Outline the main legislative provisions relating to the manual handling of loads
- Identify manual handling hazards, assess the risks and suggest controls
- Use sound techniques to move, lift or carry loads
- Apply good techniques to their own workplace

Programme Content

Introduction

- The scale of the problem nationally
- Manual handling problems in industry/your company
- Legal, moral and economic issues

Legal Review

- Explanation of the Manual Handling Operations Regulations 1992
- Assessing the risks and developing controls

Anatomy and Physiology

- Structure of the spine
- Use of muscles
- Typical manual handling problems

Base Movement

- Demonstration and principles practice

Workplace Exercises

- Applying good techniques in the real world