

	MANAGEMENT SYSTEM	MS – CAO- 01
		Rev - 0
	COURSE AIMS and OBJECTIVES	Date 31/12/2016

Name:	MANUAL HANDLING (Half Day Novice)
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COURSE DETAILS

Title: Manual Handling

Duration: Half 1/2 day = Candidate Numbers: 12

OVERVIEW

To provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and their outcomes.. Topics covered during this course include:

- Manual Handling Regulations
- Management of Health & Safety at Work Regulations.
- Accident statistics.
- The functions of the spine and muscular system.
- Typical injuries.
- Hazard identification and assessment of:
 - The task
 - The load
 - The working environment
 - Individual capabilities
- Correct handling techniques.
- Practical exercises and tuition.
- By the end of the course delegates will be able to:
 - Summarise the legislation and manual handling regulations that relate to lifting in the workplace.
 - Appreciate the financial impact on industry caused by injuries from poor manual handling.
 - Identify and assess potential hazards and choose appropriate methods of risk control which includes the selection of any lifting equipment that may be required.
 - Carry out manual handling techniques in a safe and efficient manner.

CERTIFICATION:

Successful candidates will be awarded a JB Training and Lifting Solutions Certificate

Site Requirements: Manual Handling



TRAINING AND LIFTING SOLUTIONS

Welfare Facilities

Toilets

An area for refreshments

Information on fire procedures

First aid provisions for all areas where training will take place

Training Room

Seating for up to 12 delegates, plus instructor

Table/s for up to 12 delegates to complete paperwork

Table/s for instructor to set up a laptop and projector, and to complete paperwork 240v power supply with available sockets for laptop and projector

Screen or blank wall for projection

Adequate heating / ventilation



Associate Member