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MANUAL HANDLING COURSE



Presented by:

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Dr Slinger has 20 years experience working in the field of Health & Safety. He has worked as a Health and Safety Inspector for numerous authorities in the UK and has gained professional qualifications in legal and technical fields. Peter has also worked as a Senior University Lecturer in Health and Safety, training future Inspectors entering the profession. He now works as a Health and Safety Consultant and acts as an expert witness in legal cases.

Aim of the Course: To raise awareness about the dangers associated with poor manual handling and to train workers in appropriate techniques.

Objectives:

- To raise awareness of the acute and chronic injuries caused by manual handling.
- To enable managers to carry out suitable and sufficient risk assessments with regard to manual handling activities.
- To provide the key skills and training necessary to carry out manual handling activities safely.

Methods used: PowerPoint presentations, videos and small group work.

Manual Handling

Course Programme

09.15hrs	Registration and coffee
09.30hrs	Introduction to manual handling.
09.45hrs	Health effects associated with poor manual handling.
10.15hrs	Manual Handling Operations Regulations 1992
10.45hrs	Break
11.00hrs	Assessing the key elements of manual handling operations.
11.15hrs	Video ~ <i>"Manual Handling: The Facts"</i>
11.30hrs	Safe lifting techniques.
11.45hrs	Using mechanical lifting aids.
12.00hrs	Practical exercises.
12.30hrs	Feedback and end of course review.

Who should attend the course?

All employees, managers and supervisors who are required to undertake manual handling activities.

Why should I attend this course?

The course will provide delegates with the knowledge & experience of the safety precautions and procedures required during manual handling operations in accordance with current legislation and guidance.

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