

# Manual Handling Course

## Manual Handling Training Course

Muscle strains and back injury caused by lifting and carrying are a common cause of pain and absence from work. An understanding of the principles of manual handling can help everyone to minimise the risk in many routine workplace activities. This **Manual Handling Training Course** is designed to identify some of the areas of risk which may be present, discuss the mechanics of the body, and the correct methods of lifting, carrying and moving objects, through the use of demonstration, and a practical interactive “hands-on” approach.

### Who for?

This course would be of particular interest for those individuals whose responsibilities in the workplace include manual handling. Definition of Manual Handling: The legal definition of manual handling in terms of the Manual Handling Operations Regulations 1992 (MHOR), is “any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or by bodily force.

### Why Manual Handling Training?

Regulation 5 of the MHOR states: “Each employee while at work shall make full and proper use of any system of work provided for his use by his employer in compliance with regulation 4(1)(b)(ii) of these Regulations.”

### Course Content

This **1.5 hour** course comprises of:

- > Become aware of devices which assist in lifting or carrying.
- > Understand the process of reducing risks in the workplace.
- > Gain an understanding of how the back works.
- > Gain a greater understanding into the correct methods in order to lift and carry objects, reducing the risk of injury in the process.
- > Understanding the employees responsibilities:
- > Taking reasonable care for your own health and safety and that of others affected by your activities
- > Co-operating with the employer to enable compliance with health and safety duties
- > Making use of appropriate equipment provided for employees in accordance with training and instruction.

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