

## **Manual Handling**

### **½-Day Course**

**Course Aims:** This course will provide delegates with basic manual handling techniques for simple manual lifting operations. Delegates must be physically capable of lifting 8 kg loads and wear suitable clothing for practical exercises.

#### **Introduction and Setting Course Objectives**

##### **Health Risks**

Basic anatomy of the spine and associated muscles. Health risks associated with the handling of loads, including damage to discs, muscles etc.

##### **Synopsis of Legislation**

An outline of the Manual Handling Operations Regulations 1992 Regulations and ACoP with practical examples of the issues involved.

##### **Suitability of Clothing**

Suitability of clothing to be worn when lifting. Protective and non-slip gloves. Suitability of footwear.

##### **Basic Manual Handling Techniques**

General back care. Description and demonstration of good basic manual handling techniques. Lifting and turning with a light load.

**Video:-**Get a move on

##### **Practical Session on Basic Manual Handling**

Video recording and group analysis of delegates basic lifting and turning. Development of good basic lifting technique

#### **Course Conclusion**

##### **Course Objectives**

Upon completion of the course delegates will be able to:-

- Appreciate the key elements of legislation applicable to manual handling
- Demonstrate the skills to perform a basic manual handling task

**Maximum number of delegates: 12**