



MANUAL HANDLING IN THE WORKPLACE

The course is aimed at personnel who are involved in moving and handling objects. It is aimed at reducing the risk to employees of handling related injury through development of an understanding of the effect of manual handling activity and the principles of safe manual handling.

Course Location:	Duration:	Certification:	Delegates:	Event Cost:
On-site	½ Day	Centre Certified by Rochdale Training (Refresher recommended 3 yearly)	Maximum 10	Prices available upon request

1 Content

- Legal obligations to undertake safe manual handling.
- Understanding the risk assessment process in relation to manual handling operations.
- The effect of incorrect manual handling and excessive manual handling on the body.
- Applying the correct method of handling and moving a load.

2 Method

Initial classroom-based theory session (approx. 1hr) followed by 1:1 workplace observation/assessment and best practice guidance being provided, applicable to the tasks/work area the delegate is based in. Best practice guidance is given working to Manual Handling Operations Regulations 1992 (4th Edition 2016) Summary feedback on findings will be reported back to a nominated person following the training.

3 Delegate Experience

- Previous experience is not required.

4 PPE Required

- None

5 Achievement

A certificate of training in awareness of manual handling in the workplace.

6 Venue and Equipment Requirements

Room, table & chairs & adequate provision for lecture equipment.

7 How to Apply

Contact Jeremy Roberts or Lorna Ball on 01706 631417 or jroberts@rochdaletraining.co.uk, lball@rochdaletraining.co.uk

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