



Manual Handling Update

Who is this course aimed at?

For people who need to know how to safely carry out manual handling tasks, putting safety first for you and others

Course Aims

To know how to safely carry out manual handling tasks putting safety first for you and others

Learning Outcomes

By the end of this course you will:

- Know what manual handling is
- Know the relevant legislation around manual handling
- Be aware of both employees and employers' responsibilities
- Know of the basic anatomy and function of the spine
- Be familiar with common back problems
- Understand ergonomics and fitting the task to the person
- Know the correct manual handling techniques for lifting, pulling and pushing
- Know how to ask somebody to perform a lift

Course available as

E-Learning

Course Length: 35 Mins

Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578