

# MANUAL HANDLING

**Duration:** Half Day

## Target Group

- This course is designed for employees who have to carry out manual handling tasks from office based lifting to factory based production line duties.

## Objectives

At the end of the instruction the candidates will be able to:

- State the present legal requirements.
- Reduce back and other related injuries.
- Reduce fatigue and increase efficiency
- Reduce absence from work through back and other injuries
- Identify and assess hazards at work including manual handling assessments.
- Follow the basic manual handling techniques.

## Course Content

Raise the delegates awareness of the following:

- The dangers of careless and unskilled handling methods.
- Manual handling assessments and hazard identification.
- Factors affecting manual handling.
- The affects of lifting, pulling, pushing and carrying.
- Manual handling techniques, including 6 key principles.



For further details on this or any other training course contact:  
Horizon Platforms Ltd  
T: 01924 270383  
F: 01924 264761  
E: [info@horizonplatforms.co.uk](mailto:info@horizonplatforms.co.uk)