HEALTH AND SAFETY

Manual Handling (Including Animate Handling)

Approved by IIRSM, CPD & IOSH

PRICE	DURATION	CPD UNITS
£12.50	75 minutes	3

About this course

Manual handling, or to be accurate, incorrect manual handling, is one of the most common causes of injury at work. To try and combat manual handling problems, the Manual Handling Operations Regulations were introduced.

The Regulations lay out duties for both employees and employers. They give a general requirement that employees must be trained to manually handle correctly including the use of any equipment their employer provides to handle loads safely.

This course outlines exactly what constitutes manual handling and covers the regulations and legislation that apply to manual handling tasks. It then goes on to cover safe handling techniques and how to develop good habits in relation to manual handling. It finishes off by introducing some practical solutions and the use of mechanical aids.

Please note that this is an awareness course only, if your duties include manual handling you will also need further practical training, you can get in touch with us to arrange this.

Training your employees with our online system will go a long way to giving them greater awareness of the dangers that poor manual handling poses, as well as covering safe handling techniques, practical solutions to manual handling issues and the use of mechanical aids.

Learning Objectives

By the end of this course, you will be able to:

- Define Manual Handling and state the correct technique and application of effective Manual Handling.
- Understand the relevant legislation and comply with the regulations.
- Recognise safe handling techniques and be able to develop good habits.
- Evaluate every manual situation you encounter, recognising risks and when to use mechanical aids.
- Understand the consequences on the body of incorrect handling and the dangers associated.
- State the professionals most at risk from incorrect handling techniques.

Course modules

Module	Title	Pass mark
1	What is Manual Handling?	75%
2	Manual Handling Regulations	75%

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Module	Title	Pass mark
3	Safe Handling	75%
4	Learning Safe Handling Habits	75%
5	Practical Manual Handling Solutions	75%
6	Use of Mechanical Aids	75%
7	Final Test	70%

Ready to start?

Buy online and get instant access, or try the first part of the course free.

Buy now **Free trial**

Training a team? Call 01264 317032

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