

# Manual Handling Awareness

This course is designed to make all employees aware of the requirements for safe manual handling within their working environment. The course covers awareness of the legal requirements and practical training/advice on the risks involved and safe methods to avoid injury.

## COURSE CONTENT

- The Incidence of Manual Handling Problems/Injuries
- The Law Relating to Manual Handling
- Prevention of Manual Handling Injuries
- Safe Handling Techniques
- Kinetic Techniques
- Plan your Lifting

Duration	The basic lifting course is a half day course delivered as 2 sessions per day.
Who?	Operator/Supervisor/Line Manager
Number of delegates	Maximum 8 per session

