



# Manual Handling Task Appraisal and Risk Assessment

This course is designed to provide Line Supervisors/Managers with experience of conducting practical assessments within their own working environment. The course covers the legal requirements and how to conduct risk assessments and draw up safe systems of work to avoid operator injury in the short or long term.

## COURSE CONTENT

### THE INCIDENCE OF MANUAL HANDLING PROBLEMS/INJURIES

The first half of this course covers practical training/advice on the risks involved and safe methods to avoid injury when manual handling.

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

### TECHNIQUES OF APPRAISAL/ASSESSMENT

The second half teaches line managers/supervisors how to conduct risk assessments and ensure safe systems of work for staff under their supervision.

- Key Factors Load/Individual/Task/Environment Special Circumstances
- Practical Assessments within the work area
- Recording and review procedure of assessments

See also: Manual Handling Awareness for operatives, which covers awareness of the legal requirements and practical training/advice on the risks involved and safe methods to avoid injury.

<b>Duration</b>	One/two days course depending on the amount of practical work on risk assessments
<b>Who?</b>	Supervisors & line managers required to risk assess or manage operator handling duties
<b>Number of delegates</b>	Maximum 8