

MANUAL HANDLING TRAINING COURSE

This course satisfies the requirements of Part VI of the Safety Health & Welfare at Work (General Application) Regulations 1993.

Course Content

1. Introduction
2. Aim and objectives.
3. Employers and Employees obligations in relation to manual handling at work.
4. Structure and function of the spine.
5. Types of back pain.
6. Causes of back pain.
7. How to avoid backache.
8. Methods of lifting/putting down, carrying, loading, unloading, pushing, pulling and reaching.
9. Practice for all methods included in No. 8.
10. Dealing with different types of loads at work.
11. Safe packaging of loads.
12. Alternative methods of moving loads at work.
13. Basic manual handling rules.
14. Basic physical exercises before starting work.
15. Evaluation of training.

Duration: This course is for a duration of 4 - 6 hours.

No. of Delegates: 10 maximum per course

Certification: On successful completion of this course Shorcontrol Safety will issue Certificates to each delegate, which are valid for 3 years.