



## TRAINING COURSE:

<b>COURSE TITLE</b>	Manual Handling
<b>DURATION</b>	2 Hours
<b>COURSE AIMS</b>	To provide the course delegates with underpinning knowledge in manual handling techniques
<b>BENEFITS</b>	By the end of the training delegates will be able to <ul style="list-style-type: none"><li>· Understand the principles of manual handling</li><li>· Use the Manual Handling Assessment Chart (MAC) Tool</li><li>· Use the correct techniques for lifting/ manual handling.</li><li>· Determine when and where an injury is likely to occur.</li><li>· Identify mechanical aids that may reduce risks.</li><li>· Adopt a positive attitude towards safe systems of work.</li><li>· Identify immediate and cumulative effects of strain and sprain injuries.</li></ul>
<b>CONTENT</b>	<ul style="list-style-type: none"><li>· The Manual Handling Operations Regulations 1992</li><li>· The body</li><li>· Mechanical aids</li><li>· Individual lifting technique</li><li>· Team handling</li></ul>
<b>DELEGATES</b>	Maximum 12 persons
<b>ACCREDITATION</b>	

