

# Manual Handling

- Interactive Flash
- Video
- SCORM
- Classroom
- Interactive Standard



Manual handling is one of the biggest causes of workplace accidents. Understanding how to lift correctly could help your employees avoid serious injury. This training course will provide your employees with guidance on the correct lifting procedure and some handy hints on the do's and don'ts of manual handling.

## Course Content:

### Introduction

- Introduction to manual handling
- Legislation

### Manual Handling

- What is manual handling?
- What will I learn?
- Manual handling facts

### Common Injuries

- Common injuries
- Acute pain
- Chronic pain

### Know your Limits

- What is the load?
- How far is it to be moved?
- Will I need specialist equipment?
- How will the environment affect the task?

### The Process

- Lifting loads
- Carrying loads
- Pushing loads
- Pulling loads

### Do's and Don'ts

- The Do's of Manual Handling
- The Don'ts of Manual Handling

### Who is it for?

- Every employee who lifts during the working day
- Suitable for office, factory, ware house, construction or retail staff

### Duration:

- 30 minutes

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