

Manual Handling Training: incorporating an introduction to manual handling and practical manual handling - a short briefing

Course overview

This briefing aims to reduce the risks of manual handling injuries to staff. The course is very practical in nature, offering guidance and help on specific problems.

Aimed at

All staff, especially anyone who has to lift, carry and move items as part of their work whether they work in offices, the library or in catering. Managers and supervisors may also find the course of interest as it covers their responsibilities.

Key learning points

By the end of the programme attendees will have:

- knowledge of the definition of manual handling and responsibilities of managers/supervisors
- an understanding of the legal background and risk assessment
- an understanding of the first principles of manual handling
- been introduced to the four areas of ergonomic assessment
- knowledge of weight guidelines
- an understanding of the basic structure of the spine and injuries that can occur if items are mishandled
- an understanding of the principles of safe moving and handling.

Practical skills

- moving an inanimate object (box)
- moving a trolley
- problems and dangers of poor manual handling
- moving and handling as a team.