

Manual Handling

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| Duration | Half day |
| Maximum Delegates | 6 |
| Cost per delegate | Refer to the latest price list on the website |
| Location | Croydon or Derby |
| Availability | Courses not on our schedule can be scheduled for a minimum of 4 delegates |
| Email | safety.training@atkinsglobal.com |
| Website | www.atkinsglobal.com/safetytraining |

This course can be tailored to the class needs including office workers, Health workers, Rail or Construction workers, to meet employer's legal requirements where control measures are limited or the manual handling hazard that cannot be mechanised. This course covers the basic principles enabling employees to assess their workplace situation and reduce the risks as much as possible.

Key topics

- Definition of Manual Handling, Legal requirements.
- Why we need training.
- Anatomy of the back. Injuries.
- Principles of lifting.
- Manual handling assessment.
- Risk factors.
- Controls.
- Safe lifting including Kinetic handling for individuals and teams.
- Manual handling written test and assessment.