

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Manual Handling

COURSE OVERVIEW

This three hour course is designed to raise awareness in the techniques of manual handling and an understanding of the principles of movement. This course is aimed at those who carry out manual handling activities at work and is an introduction to the hazards and risks involved, the controls available and what to expect from a manual handling assessment. This course can be tailored to address delegates daily activities.

COURSE CONTENT

- ✓ Manual Handling Regulations 1992
- ✓ Principles of movement
- ✓ Manual handling injuries and the activities which cause them
- ✓ Risk assessments
- ✓ Responsibilities imposed by the Manual Handling Operations Regulations (M.H.O.R.)
- ✓ Accident prevention

CERTIFICATION

Attendance Certificate (free) or CIEH Accreditation (£10pp)

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Company Registration No. 06254466