

Manual Handling Awareness

Overview

This ½ day course is designed for anyone who performs manual handling as part of their employment. It introduces delegates to methods and safe techniques of working. All participants gain practical experience and assess the risks of manual handling. Courses can be arranged at customer premises if multiple staff require training.

Prices

Open Course	£60 per delegate
Group Booking	£440 (Max 12 delegates)

Who should attend

It is a general requirement that all employees who are required to lift or carry items at work should attend a manual handling course.

Course Content

- Introduction to manual handling
- Statistics and Law
- Manual handling hazards; Cause, symptoms and prevention
- Principles of manual handling; TILE/LITE
- Correct lifting techniques and pivots
- Practical; assessing and lifting

Certification

Successful candidates are awarded a certificate of training through Ardent Safety Ltd. It is advised that this training is renewed within 3 years.



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