

ROXBY



Training Solutions

Manual Handling

Course Content

Aim

To provide candidates with the knowledge for them to perform day-to-day lifting operations in a safe and competent manner.

Pre-requisites

No pre-requisites are required.

Course Duration

The course is ½ day in duration.

Optimum Number

A maximum of 10 candidates per course.

Course Language

The course is delivered in English. Therefore candidates must have good standards of both written and verbal English.

Courses can be delivered in other languages however, this would need to be discussed prior to acceptance on the course. It is the responsibility of the person making the booking to make Roxby aware of this requirement.

Training Aids

A Roxby Presentation using course hand outs. This is followed with practical exercises.

Course Syllabus

- Health & Safety at Work Act 1974
- Management of Health & Safety at Work Regulations 1999
- Manual Handling Regulations 1992
- What is manual handling?
- Manual handling in the workplace
- The importance of back care

Course Syllabus Continued

- Introduction to the spine and its flexibility
- Common injuries
- Risk assessment
- Manual handling techniques
- Demonstration and practice
- Identifying, assessing and controlling handling risks