

Manual Handling Course Description

“Almost half the adult population of the U.K. (49%) report low back pain lasting for at least 24 hours at some time during the year • It is estimated that up to four out of five people (80%) will experience back pain lasting more than a day at some time during their life • Back pain is the second commonest cause of long term sickness absence for much of the UK and the commonest for people in manual occupations”

All statistics sourced from the back care charity 2005

Aims & Objectives

The aims and objectives of this course are to give attendees the opportunity to rethink the way they lift and handle items at work. To explore safer ways of lifting and moving objects and enable them to understand the importance or the need to plan the way to carry out tasks with the opportunity to practice kinetic methods in the work place.

General Information

Maximum of 16 attendees per Instructor

Cost of On Site Training - £399* + vat for the complete training package including certificate and all training aids for use throughout the course.

*Please add an additional 10% for courses within London (please contact the office for a definition of this area)

Course Duration

3 Hours

Delivery Technique

This course is delivered via a range of techniques including;

- Instructor Led Presentation
- Group Practice
- Group Discussion
- PowerPoint
- Video Presentation

The amount of different methods of presentation is flexible to suit the needs of the group.

Course Assessment

This course is subject to ongoing assessment by the Instructor throughout the course, there is no final assessment. The Instructor observes attendees practice sessions as the training progresses to ensure the required level of understanding.

Course Certification

All successful attendees will be awarded a certificate of attendance which is valid for three years.

What do I need to host this course on site?

- A room that will comfortably seat your amount of attendees and allow for practical demonstrations during course

Manual Handling - Course Content and Timetable

Day One

09.00 – 09.10	Introduction & Course Administration
09.10 – 09.45	The Importance of Backcare (Effects of incorrect lifting technique)
09.45 – 10.10	What the law says about Moving & Handling
10.10 – 10.25	Break
10.25 – 11.00	Risk assessing the lifting of loads
11.00 – 11.45	Correct Lifting & Handling Techniques
11.45 – 11.55	Recap of Important Concepts
11.55 – 12.00	Course Closure & Evaluation