



# Manual Handling Training Course

**2 hours • Up to 15 delegates per session**

Certificate awarded to all students on successful completion of the course.

## Course Content

This course is suitable for those who work in any role that requires physical handling of goods, equipment or people.

The course is designed to provide an understanding of the effects of poor manual handling, socially, physically and commercially to workers of all roles.

Students will understand the legal aspects and duties that employers and employees have in respect of manual handling.

They will appreciate tall actions defined as manual handling and gain a thorough

knowledge of the assessment required to be carried out prior to a manual handling action. Instruction will cover the use of alternatives to manual handling and the approved method of manually handling loads individually and in groups will be demonstrated and practised.

## Where is the course held?

This is a two hour course held either at your workplace or Merseyside Fire & Rescue Service's Training & Development Academy in Liverpool. Times to be arranged to suit students' needs.

This course complies with Manual Handling Operations Regulations 1992 (as amended), Health & Safety at Work Act 1974, Management of Health & Safety at Work 1999, LOLER 1998 and Personal Protective Equipment at Work Regulations 1992.

Full Terms & Conditions apply.

## Learning Outcomes

- Students will be able to recognise who is potentially at risk from a manual handling injury and understand their own and their employer's duties regarding Manual Handling Legislation.
- Learners will assess a manual handling event and select the resources that are required and available to handle safely. They will demonstrate the correct manual handling technique using several different loads in groups and individually.
- The instructor will coach students in the correct stance and grip lifting technique approved to reduce risk from injury.
- Gain knowledge of Manual Handling Legislation.

**For further information and to make a booking, please contact our friendly team:**

**Adele Doran - Commercial Training Manager**

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