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Manual Handling Course

Duration: ½ day (please allow 3 hours)
Location: Your Premises

Course delivery is by power point presentation, video and practical sessions with one 20 minute break.

The duration depends on the number of delegates and level of interaction with the instructor. Please have the equipment you would expect delegates to handle thus receiving the full benefit from the practical session.

Contents:

- State the purpose of manual handling and correct lifting techniques
- Explain the procedures for correct lifting technique
- Carry out the procedures for correct lifting technique
- Causes of Back Pain
- Anatomy and Injury
- Legislation and Risk Assessment - Manual Handling Operations Regulations 1992 – amended 2002
- Employers & Employees obligations
- Correct Body Mechanics and Practical Techniques
- Imbedded Video including "Child's Play"

PRACTICAL

Summary and Questions/Answers

Sessions are given by Power Point Presentation, Video and Practical
The course is HSE Registered and certified for each individual delegate

Cost £495.00+VAT + £5.00 per delegate registration – Max 12 delegates
Contact us for our latest availability and book yours info@cherwellfiresafety.co.uk

