



Fire Extinguishers•Fire warden training  
Fire risk assessments•Fire alarms  
Emergency Lights•PAT testing

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## **MANUAL HANDLING COURSE CONTENT**

### HALF DAY PRESENTATION

'Manual Handling Awareness' aims to help your organisation meet the intent of the Manual Handling Operations Regulations by helping establish a culture where all those involved can input to resolving the issues having received a level of hazard awareness and workplace precaution training. The law on manual handling requires all employers to carry out training for staff that lift or move loads. Employers, as well as employees, have responsibilities under the Manual Handling Operations Regulations 1992 (also known as 'Manual Handling Operations 1992').

Course deliver involves Power Point presentation, Video and Practical Sessions with one 20 minute break.

Duration depends on the number of delegates and level of interaction with instructor. Suggest 3 hours is allowed including one 20 minute mid-course break and a maximum of 12 delegates. Please have the equipment you would expect delegates to handle thus receiving the full benefit from the practical session.

- 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 includes "Child's Play"
- PRACTICAL
- Summary and Questions/Answers