



Manual Handling Course

Description

This course aims to introduce candidates to the hazards of handling loads, the risks involved and controls available. It also covers the requirements of the provision and use of work equipment regulations (PUWER) 1998.

Duration

A half / full day course consisting of theory and practical work.

Benefits to you and your organisation

By the end of the course delegates will be able to:

- Understand hazards and precautions
- Be aware of current legislation
- Understand the risks involved in handling loads
- Carry out an assessment of the task
- Inspect and test abrasive wheels
- Minimize the risk to health of incorrect lifting techniques
- Assess an individual's capacity to lift
- Assess the use of mechanical aids

Course Content

The content of the course includes information and training in:

- Manual handling operation regulations
- Choice of PPE
- Employer assessments
- Employee assessments
- Records
- Risk reduction
- Mechanical aids
- Good handling techniques
- Risk assessment guidelines

Certification

There is no formal assessment; the trainer will assess each individual ongoing throughout the course and a certificate of competence will be issued to successful candidates.

Numbers

A maximum of 8 students can be accommodated and each participant must be aged a minimum of 16 years or above.

Location

We are able to deliver this course on your site, subject to a pre-course assessment of your premises, reducing your costs in respect of additional time out travelling