

Manual Handling for Industry



This course gives students the skills and knowledge to carry out a personal risk assessment, and safely lift and move objects in the workplace.

Course Content (Theory 60%, Practical 40%)

- Legislation
- Ergonomics and causes of injury
- Risk factors
- Warming up exercises
- The personal risk assessment
- Task risk assessment
- Principles of safer handling
- Core techniques
- Condemned manoeuvres - The do not's of manual handling

Target Audience	Industry		
Course Duration	2 hours		
Timing	Single teaching session		
Location	Your site or one of our preferred training facilities		
Maximum Class Size	12		
Course Pre-Requisites	Nil		
Student Handouts	Textbook	Workbook	Handouts
	x	x	✓
Assessment	Assessment during the teaching session		
Certificate Validation	1 year		
Legislative Background / Syllabus Source	Health and Safety at Work Act		
Cost (Individual)	Price on application		
Cost (Group)	Price on application		
Course Accreditation	This course has been designed by Westcountry Ambulance Services NHS Trust in conjunction with the Association of Ambulance Personnel and Merlin Occupational Health Solutions		
Other Information	We can advise and assist in the purchase of appropriate manual handling and lifting equipment.		
Contact for Further Information & Booking	Revive Healthcare Training Ltd PO Box 841 Belfast BT15 4WZ Ph / Fax: 028 032 4481 Email: revivehealthcare@tiscali.co.uk Website: www.revivehealthcare.co.uk		