

## Manual Handling

**Duration:**

4 hours

**Aim:**

This course is designed for those who perform manual handling tasks during their work, and it aims to make them aware of the hazards and risks, as well as the safest ways in which to perform manual handling operations.

**Objectives:**

By the end of the course candidates should be able to;

- Understand the scope of the term “manual handling”
- Identify common manual handling tasks; the hazards associated with them, and their effects on health and safety effects.
- Understand how the elements of a risk assessment for manual handling operations.
- Identify safe working methods for tasks such as lifting and carrying.
- Understand the legal duties of employees and employers in relation to manual handling.

**Contents:**

- Definition of the term “manual handling”
- How manual handling can cause injury and ill-health – musculoskeletal problems, fractures, cuts, burns etc
- The importance of planning in manual handling; good posture, safe lifting etc
- Risk assessment for manual handling,
- Key legal duties related to manual handling.

**Certification:**

The Institute of Health and Safety