

Manual Handling

Purpose:

To Increase awareness of safe manual handling of loads and to reduce the risk of occupational injury while carrying out manual handling tasks in the workplace. To identify the skills and techniques involved in safe lifting, putting down, pushing, pulling, carrying or, moving a load. To gain practice and gain feedback on these skills and techniques. To comply with the Safety, Health and Welfare at Work Act 2005, The Safety Health and Welfare at Work,(General Application) Regulations 2007.

Course Content:

- Introduction, Health and Safety Legislation, Injury Profile
- Workplace Hazards, Risks of Injury, Exposure Controls
- Anatomy of Spine, Structure and Functions
- Body Mechanics, Normal Movement, Dangerous Movement
- Safe Manual Handling, Eight Principles of Safe Lifting, Theory, Practice
- Injury Prevention, Exercise, Diet, Rest, Sleep. Sensitive risk groups

Entry Requirements:

Assessment: Participants will be required to undertake a written and practical exam.

Qualification: None

Duration: 1/2 Day Course

For further information please call us on (01) 802 0417