



This ½ -day accredited course is suitable for any employee required to carry out manual handling tasks within their workplace.

Our price includes:

- Registration and Certification
- Dynamic & fun training
- All course materials

Please contact us to discuss costings. Ask about our in-house courses for 6+ people.

Principles of Manual Handling

More than a third of all-over three-day injuries reported to the HSE or Local Authorities are caused by manual handling, this costs businesses and organisations in the UK in excess of £5 billion each year.

Employees trained in the principles of manual handling can contribute to a reduction in the incidences of injuries or illness associated with manual handling.

This course covers:

- Process of manual handling
- Manual handling injuries
- Activities which can cause injuries
- Manual handling risk assessments
- Manual handling controls
- Investigating accidents & incidents
- Manual handling regulations

On successful completion of the course candidates will be able to identify the hazards associated with manual handling, the risks involved and controls available and to be able to interpret a manual handling assessment.