



ouch Manual Handling Training

Manual Handling for Operators

Delegates are introduced to the hazards and risks associated with manual handling, the controls available, and what to expect from a manual handling risk assessment. The course highlights manual handling issues and prepares delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in co-operation with their managers and supervisors. The course includes an introduction to the lifting, carrying, pushing and pulling activities. *This course can be tailored to include client specific issues.*

For an Ofqual accredited course see: CIEH Level 2 Award in Manual Handling – Principles and Practice

Who is it for?

The course is intended for any persons undertaking manual handling activities at work.

Topics covered

- Manual handling injuries and their causes
- Manual handling assessment and controls
- Responsibilities imposed by the Manual Handling Operations Regulations
- Practical elements of manual handling activities including, lifting, carrying, pushing and pulling.
- Introduction to the Manual handling assessment chart (MAC) tool
- Client specific issues

Course Objectives

- Explain what is meant by manual handling
- Explain how hazardous manual handling activities can cause injury and give examples
- State the principles for controlling manual handling risks and apply these in a practical context
- Demonstrate a general understanding of the value and purposes of conducting a manual handling assessment and what employees can expect of such assessments
- Demonstrate an understanding of the main provisions of the Manual Handling Operations Regulations
- Understand the key principles relating to practical manual handling activities.

Assessment

An Ouch attendance certificate will be issued to delegates who complete the course.

Duration: 3.5 hours (1/2 day). This course can be run in-house for up to 12 delegates

For a safe alternative call: **0800 389 1314**

Website: **www.ouchtt.co.uk**