

## Manual Handling Awareness

**Course name**

Manual Handling Awareness

**Target audience**

All

**Course duration**

½ day

**Max number of delegates**

12

**Venue**

Brighton, East Sussex OR suitable venue of your choice

**Cost**

Phone for quote

**Certificates**

Certificate of attendance

**Tailoring**

This course can be tailored to suit specific requirements.

**Course overview**

A half-day course designed for those carrying out manual handling tasks. By practising safe handling techniques, delegates can combat fatigue, increase efficiency and reduce back injuries, so reducing absence from work.

**Topics covered**

- Accident statistics
- The dangers of careless and unskilled handling methods
- The effects of manual handling
- The use of mechanical handling aids
- Kinetic handling method
- Hazard identification
- Task, individual, load, environment