



Course Number
SC0203



Validity
1 Year



Duration
1/2 Day



Formal Assessment
No

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More than 1/3 of all over 3 day injuries reported to the HSE and local authorities each year are caused by manual handling.

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“bringing training to life”

This course is suitable for staff who are required to move and handle inanimate objects rather than persons. Attending delegates will typically be catering, cleaning, maintenance and administration staff, all of whom are required to carry out manual handling during the course of their work. Delegates will learn of the risks of poor handling and the potential long term health effects and receive instruction in correct procedure.

Introduction

- Introductions
- Course overview

Course Content

- Why train for manual handling?
- Common injuries
- Relevant legislation
- Anatomy of the spine
- Risk assessment
- Correct procedure
- Importance of good base movement
- Team lifting
- Communication
- Evaluation