



Manual Handling Training

Product summary

Background

Manual handling injuries account for the most number of days lost through physical injury. Many employees use incorrect lifting techniques without even realising the potential harm that could be caused. The solution is appropriate training.

Managers and supervisors should be aware of their responsibilities, the importance of risk assessment in the management process and the need for staff training to ensure they are aware of the basic techniques required to carry out manual handling tasks safely.

Training is also needed to provide employees with an understanding of their duties and responsibilities from a health and safety point of view with regard to manual handling operations in their workplace.

Training employees to handle objects safely can reduce the risk of injury to staff and reduce long-term organisational costs. The Manual Handling Operations Regulations 1992 places a duty on every employer to reduce the potential injury from manual handling operations.

Summary

This facilitated interactive discussion between the consultant and delegates involves practical and theoretical content and examples. On completion of the course, delegates will be able to take their practical experience back to the workplace and use it within their own areas of responsibility.

Through training exercises and discussion the key aspects of manual handling techniques are explained, building up an understanding of the process of sound manual handling techniques. This includes safer lifting and carrying techniques as well as an insight into the risks associated with moving and handling.

Objectives

The training covers:

- A basic introduction to manual handling accidents in the workplace, including musculoskeletal disorders, spinal anatomy and physiology
- Legislation, including:
 - Health & Safety at Work Act 1974
 - Manual Handling Operations Regulations 1992
 - The Management of Health & Safety at Work Regulations 1999
- Duties of employers and employees
- General duties
- Case law
- The risk assessment process – areas to consider
- Other factors to consider
- Checklists
- Strain reduction techniques
- Examples of lifting and moving techniques (with a DVD – Safe Lifting and Manual Handling).

Features

- The course is based around a half-day training session for up to 20 delegates with either one half-day session per day or two half-day sessions on the same day at a reduced fee
- Each delegate will be provided with a CD-ROM or hard copy containing the course slides and notes.

Duration

Half-day.

Provider

A fully trained and experienced Zurich Risk Management Consultant.

Format

Training course.

Benefits

- Provides a clear understanding of the statutory and management responsibilities relating to manual handling, associated roles and responsibilities and relevant health and safety information
- Sets out the main requirements of the Manual Handling Operations Regulations 1992 and other legislation
- Reinforces the importance of safer lifting techniques.

Where this would be useful

Employers and employees have a duty that manual handling tasks are carried out safely. Training is important to ensure that is done.

Who is it aimed at?

All managers and staff.

For further information
please contact our
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