

# Manual Handling

## Introduction

This course offers a comprehensive overview on manual handling and the responsibilities of all staff when it comes to reducing the risk of injury through manual handling operations.

The course includes practical advice and provides organisations a level of compliance to meet many of their health and safety training obligations.



## Audience

This course is for anyone who has manual handling operations in their line of work, including manual labourers, and those in the Health and Social Care sectors.

Although this course can be used as an introduction to the topic for new starters, it is also intended for all practitioners who want to improve their knowledge and continue their professional development.

## Objectives

In this course you will learn:

- The risks involved in manual handling
- The law surrounding it, your employer's responsibilities, and employee's responsibilities
- The hierarchy of measures to reduce risk, and some practical advice to get you started
- How much the average male and female can lift, and the basic techniques of good lifting practice
- The principles of team lifting, and how to safely move people
- The muscles used in manual handling, common spinal injuries, and tips on how to look after your back

## Modules

This course contains the following modules:

### Module name

- Mind your back
- Risks and responsibilities
- Manual handling how much can you lift
- Lifting safely
- Muscle and spinal injuries

## Content

This course contains 5 modules:

- Responsibilities and Risks
- How Much Can You Lift
- Lifting Safely
- Muscle and Spinal Injuries
- Mind Your Back

Upon successful completion of all three modules you will be automatically awarded a certificate containing the course name, completion date, CPD hours and learning objectives.

The course contains additional resource materials, useful links and a refresher guide.