

Manual Handling Awareness

This half-day training course would be beneficial to all personnel, as it provides an introduction to the correct methods of manual handling, and highlights the consequences that could be incurred if manual handling is carried out incorrectly.

Learning

Uses a combination of both practical and theory based learning; Basic manual handling will be conducted during the course, giving the trainee experience of conducting appropriate manual handling techniques.

Skills you will learn

- Importance of manual handling
- Manual handling techniques
- Ergonomic lifting
- Need for a risk assessment and identifying the risks involved
- Legislative requirements for employees and employers
- Awareness of the need to be physically able to conduct manual handling
- Health and safety issues related to manual handling, which can help reduce risk

For course bookings and further information, please visit our website, or e-mail us:-

www.score-training.com

stamp.support@score-group.com