

Manual Handling

Objectives:

To ensure individuals understand the hazards and risks associated with all manual handling activities, including lifting, pushing, pulling, moving, repetitive movements etc. at work and at home.

To ensure individuals understand the pain and suffering bad backs, strained muscles and other injuries can cause and the potential changes to their life style.

To ensure individuals know how to use correct lifting techniques when handling items

To explain to course members how their actions and behaviour may lead to injuries and accidents to themselves and others

To identify the methodology of a manual handling assessments and the selection of control measures to eliminate or reduce risk

Course content:

Individual exercise in identifying the injuries caused by manual handling activity and the consequences on a victims lifestyle

How the body can be adversely affected by the stresses and strains of weights and forces

Group exercise in identifying the hazards of manual handling operations. Why do people take risks?

Specific company manual handling problems

Selecting control measures to eliminate and reduce risk

How the body can counteract the forces of manual handling through the correct use of muscles, balance and core stability. Kinetic Handling Techniques

Group exercise – listing key elements that course members would want in the Manual Handling Regs and comparing lists with the Actual Regulations

Multi Choice Assessment.