

---

## **Course Outline**

### **MOVING AND HANDLING**

Course length: 6-7 hrs

Qualification: Attendance certificate

Syllabus:

- Brief overview of the Health & Safety at Work Act.
- Brief overview of Manual Handling Regulations.
- Types and frequency and cost of manual handling injuries.
- Anatomy of the back.
- Physical principles of manual handling (principle of levers).
- Risk assessment applied to manual handling.
- Control measures in manual handling.
- Principles of kinetics.
- Practical demonstration of manual handling.
- Practical demonstration of lifting equipment in the home.

Objectives:

- Explain what is meant by manual handling.
- Explain how manual handling can cause injury.
- State the principles for controlling manual handling in a practical context.
- Have a general knowledge of the risk assessment process.
- Demonstrate a basic understanding of the Manual Handling Regulations.
- Demonstrate the ability to lift safely using lifting equipment.

Cost: £30 per person + VAT on open courses

£30 per person (min charge of £240) + VAT for in-house courses

