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## **Course Outline**

### **MANUAL HANDLING**

Course length: 3-4 hrs

Qualification: Attendance certificate

Syllabus:

- Brief overview of Health & Safety at Work Act
- Brief overview of Manual Handling Regulations
- Cost of manual handling injuries
- Types and frequency 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

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.

Cost: £20 per person + VAT on open courses

£20 per person (min charge of £200) + VAT for in-house courses

