

Manual Handling Course Overview



Course Level

User



Who Should Attend

Our Manual Handling training course is designed for anyone that encounters manual handling within their workplace. This can be within any industry and can be tailored to specific workplace activities if training is undertaken onsite.



Course Aim

Upon successful completion of our Manual Handling training course delegates will;

- Understand the reasons for safe manual handling
- Be able to identify hazards and assess the task and load
- Know correct handling techniques
- Be able to apply safe manual handling principles
- Understand the responsibilities of the employer and the employee



Certification

Upon successful completion of this course, each candidate will receive a digital Harrington Safety certificate which is valid for 5 years from training date.



Pre-Requisites

No formal qualifications or experience are required to attend this course



PPE Requirements

Safety footwear and gloves are required during the practical session



Course Duration

½ day



Theory

Classroom based multiple choice exam



Agenda

Theory

- Introduction
- Current Legislation, regulations & guidance
- Roles & responsibilities of employers and employees
- Techniques of Safe Lifting
- Accident Statistics
- Hazard Identification
- Assessing the load
- Planning your route including good housekeeping
- Reporting of defects
- Avoiding personal health hazards
- Multiple choice theory test

Practical

- Applying theoretical knowledge to practical activities
- Planning the route and identifying risks before implementing manual handling
- Assessing risks from load and environment

