

Manual Handling



Who should attend?

- All employers whose workers need to move and handle loads
- All persons who undertake manual handling, including lifting and carrying as a part of their job.
- Anyone who manages or supervises those at risk from musculoskeletal disorders.
- Anyone who may need to carry out a manual handling risk assessment.



Course content

- The size of the problem in the UK
- Anatomy of the spine
- How back injuries occur
- Disorders caused by lifting and carrying
- Legal requirements for manual handling risk assessment
- How to do a manual handling assessment using TILE principles
- Hierarchy of controls for moving loads
- How to lift safely
- Use and selection of manual handling aids
- How to maintain back health

Delegates will leave confident in their understanding and fully aware of the TILE (Task, Individual, Load, Environment) assessment principles as outlined in the Manual Handling Operations Regulations



Assessing learning outcomes

- Ongoing tutor assessment plus a multiple-choice test at the end of the course



Course duration

- ½ day



Refresher training

- Certification renewal advised after 3 years



Please bring

- Just yourself – everything else you need will be provided on the day



Additional services

- In addition to manual handling training, we can offer on-site support to help solve load-moving problems and assist you in writing manual handling risk assessments.
- Please talk to us about how we can help



Visit www.hcssafety.co.uk for dates and prices



Course programme guide

Session 1

- Exercise: Identifying manual handling hazards
- Quiz - The size of the problem in the UK
- Anatomy of the spine
- Understanding medical disorders
- Exercise: Effects of manual handling injury

Session 2

- Manual handling assessment - using video examples
- Exercise - assessing Task, Load, Environment
- Safe lifting techniques
- Overview of manual handling aids
- How to care for your back long-term
- End of course test

