

PRINCIPLES OF MANUAL HANDLING

The Manual Handling Operations Regulations 1992, as amended in 2002 ('the Regulations') apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either inanimate - such as a box or a trolley, or animate - a person or an animal, whatever the load the correct handling is vital.



Manual Handling training is a mandatory requirement for all persons who handle objects and people.

THE REGULATIONS ESTABLISH THE FOLLOWING CLEAR HIERARCHY OF CONTROL MEASURES:

Avoid hazardous manual handling operations so far as is reasonably practicable, for example by redesigning the task to avoid moving the load or by automating or mechanising the process.

Make a suitable and sufficient assessment of any hazardous manual handling operations that cannot be avoided.

Reduce the risk of injury from those operations so far as is reasonably practicable. Where possible, you should provide mechanical assistance, for example a sack trolley or hoist. Where this is not reasonably practicable, look at ways of changing the task, the load and working environment.

WHO IS THE COURSE FOR?

It is aimed at those who carry out manual handling activities at work and introduces students to the hazards of manual handling, the risks involved and controls available and what to expect from a manual handling assessment.

BENEFITS OF ATTENDING:

This course will prepare delegates to look carefully at their own work activities and contribute to the development of safer methods and tasks, in cooperation with their managers and supervisors.

WHAT MAKE LINDEN DIFFERENT?

Linden Management Trainers have 15 years experience working in a multitude of Private/Public, Industry and Service sector industries in health & safety, which gives our trainers experience and knowledge in the candidates work activities. Trainers knowledge can be passed on to candidates through this course.

HOW LONG DOES IT TAKE AND WHERE IS IT HELD?

This course is on site only training, which runs for approx 2 – 3 hours depending on number of candidates. There is a multiple-choice examination. (For people with learning difficulties a spoken form of the examination is also available.)

COURSE CONTENT:

You will learn through short-topic lectures the principles of manual handling and how to apply this in the workplace.

Manual Handling legislation

LOLER

Assessment of risk

Hierarchy of risk control

Risk management and other relevant H&S legislation

Accidents and ill health – their caused and prevention

Why injuries occur

Safety whilst lifting, pulling, pushing and putting down

Further information including the full syllabus and prices are available on request.

Please e-mail Lesley@lindenmanagement.org.uk or call **0800 298 0632**

