



Award in Manual Handling - Principles and Practice - City & Guilds

Course Aim

This City and Guilds course will provide delegates with the knowledge to be able to identify the risks involved in manual handling activities and understand the control measures available to prevent injury.

The practical exercise will allow delegates to apply the principles of safer manual handling in a range of tasks.

NOTE:

You must have a good understanding of spoken and written English. Please contact us if you have any concerns in this area on 0345 605 0006.

Who Should Attend?

This course is for those who carry out manual handling tasks as part of their daily work routine including both office and industrial workers.

Course Duration

This is a 1 day course.

Certification

Upon successfully completing this course delegates will receive a City & Guilds certificate in Manual Handling - Principles and Practice.

Agenda

Theory

- Introduction 'What is manual handling?'
- Statistics - workplace incidents & injuries
- Legislation & guidance for manual handling operations
- Hazards & injuries - cause & effect
- Risk assessment & controls - 'Plan & Prepare'
- Principles of safe handling - the workplace, loads & their effects
- Safe handling techniques - principles of manual handling theory

Practical

- Lifting from lower levels
- Lowering from height
- Carrying
- Pushing & pulling
- Handling at ground level
- Team handling