

# Manual Handling

Avoiding injuries from manual handling makes sound business sense. This course will equip staff members with the knowledge and skills to ensure correct manual handling procedures are carried out in line with legislation.

More than a third of injuries reported to HSE and local authorities which result in absences of a week or more are caused by manual handling – the transporting or supporting of loads by hand or by bodily force.

The training course will cover:

- Current legislation
- Common injuries
- Handling assessments
- Handling techniques including team work
- Do's & don'ts
- Hazard identification
- Ongoing training

**Duration: Half day**

**Cost: £65**

