



Manual Handling Awareness and Assessment

WHO IS IT FOR?

Individuals in organisations who have been given the responsibility to undertake an assessment under the Manual Handling Operations Regulations and provide competent advice.

AIM OF THE COURSE

To enable delegates to undertake a manual handling assessment and make appropriate recommendations to control manual handling risks as outlined in the Manual Handling Operations Regulations.

LEARNING OBJECTIVES

On successful completion of the course delegates will be able:

- Appreciate how the spine functions and how unsafe manual handling techniques can lead to acute and cumulative injuries.
- The requirements of the Manual Handling Operations Regulations and associated guidance.
- Identify manual handling hazards within the workplace and appreciate the concept of risk assessment and safe systems of work.
- Recognise safe handling principles associated manual handling operations

COURSE CONTENT

- Causative factors and types of musculoskeletal injuries
- Basic principles of anatomy and physiology
- Avoiding musculo-skeletal injuries
- Legislation
- Ergonomics and risk assessment
- Principles of good posture and efficient movement
- Team handling and communication
- Practical application of handling principles.
- Reasons for conducting manual handling risk assessments
- Common injuries from manual handling operations
- Vulnerable groups at risk
- Factors in a manual handling risk assessment
- Identifying and evaluating existing control measures
- Making recommendations based on the findings
- Applying a hierarchy of controls

DURATION

One day programme.

CERTIFICATION

On successful completion of the course, candidates will be awarded a Praxis42 'Manual Handling Awareness and Assessment' certificate.