



MANUAL HANDLING AWARENESS

Duration: 30 minutes

Questions: 20

Price Band: A

Course Outline:

This manual handling course is suitable for all employees involved in any manual handling operation. It deals with all aspects of manual handling, including lifting, pushing and pulling, relevant safety legislation and manual handling risk assessments.

Learning Objectives:

- LO1: Explain what manual handling is.
- LO2: Describe the structure of the human spine.
- LO3: Identify factors that contribute to manual handling incidents.
- LO4: Identify the common causes and injuries involved in manual handling.
- LO5: Identify proper lifting techniques and the importance of ergonomic design.
- LO6: Identify ways to reduce manual handling incidents.
- LO7: Identify the purpose, factors and responsibility of the risk assessment.

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