

## Manual Handling Awareness

**Course Code:** M/H/014

**Course Aims:** This course is for any person who is involved in manual handling in the workplace.

**Suitable For:** Supervisors , Managers and Operatives

**Duration:** 1 Day

**Location:** Corby UK

**Accrediting Body:** IOSH

### Course Outline

#### Qualification attainable:

#### Course Content:

- Anatomy of the spine
- Causes of back pain
- Returning back to work
- Moving & Handling Assessments
- Manual Handling Legislation
- Principles of safer Moving & Handling
- Unsafe systems of work
- Equipment demonstrations & practice
- Manual Handling Risk Assessment
- Evaluation

A short test will be carried out at the end of the training session to provide the employer with evidence of course understanding.

#### Further Courses:

#### Tutor's Comments:

To discuss your requirements please contact our sales team

**Freephone: 0800 542 7201**

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