

Manual Handling Essentials

Course length: 45 mins*

Course Code: 103082BT007

This course explores the key safety rules associated with manual handling.

Benefits for the Learner

A back injury caused by the incorrect handling of heavy loads can change your life. You may suffer severe pain, be unable to lead an active life, be off work for a long period of time or even be forced to stop work altogether.

This course gives you practical advice on reducing the risk of back injury. You'll explore how the back works and how easily it can be injured. Then you'll learn how to assess the risk of injury from everyday tasks, how to use correct lifting techniques and how to hold and carry a load safely.

It's your back – look after it!

Benefits for the Business

An estimated 12.3 million working days are lost each year through work-related musculoskeletal disorders and, with more than a third of over-three-day injuries caused by manual handling, educating your staff about safe procedures makes sound business sense.

From risk assessment techniques to best practice for lifting, holding and carrying heavy loads, this course will help your employees to become more "back aware".

What You Get From This Course

Having completed this course, you will be able to:

- Understand how your back works and how it can be injured
- Assess everyday tasks for risk in order to reduce or eliminate handling injuries
- Know correct lifting, holding, handling and carrying techniques
- Understand factors that can affect individual lifting capacity

How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 45 minutes to complete.

*Courses are accessible for six months from the date of purchase.