

# Manual Handling

**Course length:** 30 mins\*

**Course Code:** 104087BT003

## Benefits for the Learner

A manual handling injury at work can result in lost earnings, long-term pain or even permanent incapacity. And the sad fact is that most of the injuries suffered are completely avoidable – if you stick to good manual handling techniques.

This course will help you to better understand the manual handling process and the demands it makes on different parts of your body. You'll learn ways to assess risk before you lift and techniques to handle heavy or awkward loads more safely. By the time you've completed the course, you'll have a much better understanding of the risks of manual handling and the steps you can take to reduce or eliminate them.

## Benefits for the Business

Since 1992, the Manual Handling Operations Regulations mean that you have a responsibility as an employer to remove or reduce the risks arising from manual handling tasks.

Around 36% of the reported injuries at work leading to absences of over 3 days are due to load handling accidents, so it is clear that many more businesses need to address the issue and train their staff in safe manual handling techniques. This course will enable your staff to assess risks and adopt safer working practices in line with the requirements of the Regulations.

## What You Get From This Course

Having completed the course, you will be able to:

- Identify the most common manual handling injuries
- Know which three questions to ask yourself when faced with a manual handling task
- Understand the manual handling process and the correct way to position your body when lifting, carrying, pushing and pulling a load
- Identify the Do's and Don'ts of manual handling

## What Does the Course Cover?

- Manual Handling
- Common Injuries
- Assessing Risks
- The Manual Handling Process
- Do's and Don'ts

## How Long Does the Course Take?

You can work through this course at your own pace. It should take you around 3 hours 30 minutes to complete.

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