

## **Manual Handling Training**



**Manual Handling Training is a legal requirement of the Manual Handling Regulations that provide the main source of health & safety regulation for lifting & carrying loads at work. It is these operations that are referred to as health and safety manual handling tasks. Employers have a duty to provide Manual Handling Training Courses to their staff.**

### **AIMS & OBJECTIVES**

- **Understand the costs of manual handling related injury in the work place.**
- **Appreciate the anatomy and make up of the Spine, Vertebrae, Discs, muscles, Tendons, Ligaments & Nerves and how damage is caused.**
- **Appreciate the dynamics of the back and how manual handling places immense strain on the body.**
- **Understand the legal duties of employers and employees with regard to manual handling operations.**
- **Be introduced to the self assessment of manual handling operations considering the Task, the Individual, the Load and the Environment.**
- **To understand how to lift and move loads safely with practical exercises to ensure techniques have been fully understood.**
- **Kinetic lifting techniques for one person lifting, moving and team operations.**
- **Manual handling law.**
- **Practical manual handling risk assessment.**

**FOR MORE INFORMATION ON TRAINING COURSES VISIT:  
[www.edenmore.com/training\\_zone](http://www.edenmore.com/training_zone)**

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### **SUMMARY**

**By the end of this course delegates will have a thorough understanding of manual handling safety, safe lifting and carrying techniques and how to carry out a compliant manual handling risk assessment.**

**Delegates will be encouraged to discuss their own work place experiences and begin to assess existing measures to control any hazards with balance and measure.**