

COURSE INFORMATION

MANUAL HANDLING

DURATION

Half day

OBJECTIVE

To make employees more aware of how fires start, spread and are controlled.
To give a general respect for fire and make them more aware of fire risks in the workplace.

WHO SHOULD ATTEND?

Suitable for all employees.

Areas Covered:

- 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



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