

## Principles and Practice in Manual Handling.

The Manual Handling Operations Regulations 1992, as amended in 2002 ('the Regulations') apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying. The load may be either inanimate - such as a box or a trolley, or animate - a person or an animal.

More than a third of all over-three-day injuries reported each year to HSE and local authorities are caused by manual handling - the transporting or supporting of loads by hand or by bodily force.

Assured Safety Solutions have developed this course to benefit anyone who has to carry out any manual handling activities at work by introducing them to the hazards of manual handling, the risks involved and the controls that are available to help prevent injury. The course in addition will teach learners techniques to lift, carry, push and pull objects safely within their individual capabilities with the aim of reducing the number of work-related injuries associated with manual handling.

### Course Content

- Manual handling hazards, risks and controls.
- How manual handling operations can cause injury and harm
- The scope of legal requirements and where guidance can be found
- The process for assessing manual handling risks
- The value of risk assessment and how it applies to safe manual handling practice
- Manual handling techniques; lifting loads from low levels, working at low levels, lowering from height, pushing loads, pulling loads, carrying and team handling

### Course Duration

This course is delivered over half a day at our training facility in Lincoln, at your organisations premises or at a convenient location for you.

### Assessment and Certification

Candidates are continuously assessed by the tutor throughout the course and awarded with a certificate of attendance which is valid for 3 years.



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