

## Manual Handling Practical Workshop for All Employees

### Introduction

Designed for all individuals whose work involves Manual Handling, lifting, pushing and pulling goods that have received previous training. This highly practical course also provides techniques for risk limitation in manual handling.

### Course Objectives

- **Reviewed** their current job role and tasks relating to Manual Handling
- **Reviewed** of the Manual Handling Regulations and its application to their working environment
- **Practised** Manual Handling Techniques
- **Reviewed** the basic principles of handling and lifting

### Course Content

Discussion of Course Members Job Activities/Role

Discussion on Manual Handling Operations Regulations

Manual Handling Accident Statistics, Causes of Fatigue, Strain and Injuries

### Practical Movement Session exercise

Manual Handling - Explanation/discussion of Basic Principles and Movement

in Handling/Lifting

### Further Practical Session

Discussion - "Application of Manual Handling in Your Job"

Action for the Future

**Duration:** 2.5/3 Hour Course

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