

# Programme Overview

## *Manual Handling Techniques*

People  
Development  
Pathway

### Overview

The course is designed to give clear guidance on how to safely manual handle goods and equipment. All of us have to manually handle goods and equipment to a greater or lesser extent within our normal working lives. The impact of doing this incorrectly can be severe, both for the individual and the company concerned.

### Objectives

- To give a clear warning to the delegates, of the risks associated with poor manual handling
- To give clear and unequivocal guidance on the best methods and procedures to follow when manual handling
- To give the delegates an understanding of how the body works when lifting and lowering items
- To give the delegates guidance of the safe weight and size limits for handling
- To allow the delegates an opportunity to try out the approved manual handling methods
- To enable the delegates to be able to assess a 'load' before attempting to lift it

### Who Should Attend?

The course is designed for all operators, staff and managers who may be required to manual handle items during the course of their work. It is recommended that ALL staff within a company are trained within this discipline to comply with the company's Health and Safety legal responsibilities.

### Course Content:

- Review how injuries happen
- Look at the importance of posture
- It's not WHAT we lift, but HOW we lift that's important
- Understand human physiology
- The dangers of bending, twisting and reaching
- Pain, and what it's telling you
- Relevant statistics
- How to lift and lower
- Safe weights
- Plan - Prepare - Posture - Act
- Consequences

### Duration

The course will run over 4 hours, where the delegates will receive instruction, demonstrations and have an opportunity to try out the recommended procedures for safe Manual Handling.