



Award in Manual Handling – Principles - City & Guilds

Course Aim

This City and Guilds accredited course provides delegates with the underlying knowledge required to minimise the risks associated with manual handling.

Who Should Attend?

This course is for any delegates who will need to carry out manual handling activities in a work environment.

Course Duration

This is a half day course.

Certification

Delegates successfully completing the course will receive an City & Guilds Certificate in the Principles of Manual Handling.

Agenda

- Introduction - 'What is manual handling?'
- Statistics - workplace incidents & injuries
- Legislation & guidance for manual handling operations
- Hazards & injuries - cause & effect
- Risk assessment & controls - 'Plan & Prepare'
- Principles of safe handling - the workplace, loads & their effects
- Safe handling techniques - principles of manual handling theory

AM courses start at 08:30

PM courses start at 12:30.