

Manual Handling Training

Course Overview:

- **Course Duration:** 1 day
- **Maximum Instructor/Delegate Ratio:** 1:10
- **Delivery Method:** Classroom + warehouse
- **Prerequisite:** None
- **Awarding Body:** In-House
- **Assessment:** Theoretical and Practical exam
- **Certification:** Successful delegates will receive an In-House Certificate of Training

Durations:

- Manual Handling Novice Training: 1 day
- Manual Handling Refresher Training: 1 day
- Manual Handling Experienced Operator - no proof of training (test only): 1 day

Course Content:

- Have a basic understanding of the industry, the dangers of working in the industry and their responsibilities as an operative.
- State the definition of manual handling, the main causes of manual handling injuries and the reasons for manual handling training
- Describe the function and shape of the human spine
- Describe the function of the intervertebral discs
- Understand the effects of static loading and the risks involved in team lifting
- Demonstrate an understanding of formal and dynamic risk assessment
- Identify and maintain PPE appropriate for manual handling operations
- Conduct all necessary safety checks at the work area
- Describe and demonstrate safe handling techniques

Course Assessment:

- Theoretical assessment of 5 open and 20 multiple choice questions, which can be conducted orally where language barriers or literacy difficulties exist.
- Practical Test of basic operating skills, confirming skills taught on the training course