

Manual Handling and Lone Working

Course Objectives:

This practical workshop is designed to give delegates an understanding of Manual Handling and its importance in the workplace, along with combining an awareness of lone working and how to control the associated risks.

Course Content:

At the end of the course, delegates will have covered the following:

Manual Handling:

- Legal requirements
- What is manual handling?
- The spine and types of injuries
- HSE guidance figures for lifting
- HSE guidance for push/pull
- Lifting techniques
- Video
- Practical & written assessment

Lone working:

- What is lone working? (as defined by the HSE)
- What are the hazards with each type of lone working
- What controls can be used to reduce the risks

All delegates will be actively encouraged to take part in tutor lead discussions to reinforce learning and understanding.

On completion of the course delegates will receive a Certificate of Attendance.

Who Should Attend?

Suitable for all employees.

Duration:

1 day