

# Manual Handling



Duration: ½ Day  
Maximum Number of Delegates 12

<b>Aims &amp; Objectives</b>	Aimed at those who wish to gain a basic understanding of safe handling.
<b>Who is this course intended for?</b>	The course is intended for those who work in building management, in the construction industry, engineering and for those who work with facilities type contracts, or within facilities functions where lifting is required
<b>Prior Knowledge</b>	None required
<b>Pre Course Preparation</b>	HSE Guidance
<b>Course content</b>	Manual handling regulations Practice and responsibility Spinal anatomy Related injuries Risk assessment Risk reduction planning Basic rules and practice Risk assessment in the work place



## Qualification & Certification

All delegates who successfully complete the course in full, will be awarded the:  
**“MANUAL HANDLING CERTIFICATE”**  
This course can be accredited through NPORS

