

MANUAL HANDLING

<p>Main Aim and Key Benefits:</p>	<p>This programme is designed for all the employees who are required to carry out activities that require an element of manual handling.</p>
<p>Course Content</p>	<ul style="list-style-type: none"> • The process of Manual Handling in the workplace • Manual Handling injuries and the typical causes • Manual Handling assessment and control options • Responsibilities imposed by the Manual Handling Operations Regulations <p>NB: Participants will be expected to bring with them a list of all Manual Handling activities required within their area of operation</p>
<p>Training Methods:</p>	<ul style="list-style-type: none"> • Presentations • Demonstration • Practise • Group discussion
<p>Who will benefit from attending:</p>	<p>Anyone whose job includes a significant amount of lifting, carrying, pulling/pushing</p>
<p>Duration:</p>	<p>½ day</p>
<p>Certification:</p>	<p>By OBT and Progressive Training Ltd</p>
<p>Training Provider:</p>	<p>Progressive Training Ltd</p>