



OBT

## OBT Course Outline

### MANUAL HANDLING

<b>Main Aims and Key Benefits:</b>	<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><i>This lends itself to an in-house programme where 2 to 3 sessions can be run per day.</i></p>
<b>Course Content:</b>	<ul style="list-style-type: none"><li>▪ The process of Manual Handling in the workplace</li><li>▪ Manual Handling injuries and the typical causes</li><li>▪ Manual Handling assessment and control options</li><li>▪ Responsibilities imposed by the Manual Handling Operations Regulations</li></ul> <p><i>NB: Participants will be expected to bring with them a list of Manual Handling activities they are required to carry out in the workplace.</i></p>
<b>Training Methods:</b>	<ul style="list-style-type: none"><li>▪ Presentations</li><li>▪ Demonstrations</li><li>▪ Practice sessions</li><li>▪ Group discussion</li></ul>
<b>Who will benefit:</b>	Anyone whose role includes physical effort
<b>Duration:</b>	½ day
<b>Certification:</b>	OBT and Progressive Training
<b>Training Provider:</b>	Progressive Training