



OBT

OBT Course Outline

30. MANUAL HANDLING

Main Aims and Key Benefits:	This programme is designed for all the employees who are required to carry out activities that require an element of manual handling
Course Content:	<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><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>
Training Methods:	<ul style="list-style-type: none">▪ Presentations▪ Demonstrations▪ Practise sessions▪ Group discussion
Who will benefit:	Anyone whose job includes a significant amount of lifting, carrying, pulling/pushing
Duration:	1/2 day
Certification:	OBT and Progressive Training
Training Provider:	Progressive Training