



Manual Handling



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Manual handling injuries occur wherever people are at work, whether in offices, warehouses, factories, hospitals, building sites or farms.

Training is required for any staff who need to lift, push, pull, or lower any kind of loads, from boxes and trolleys to people and animals.

Our courses help you assess the risk to your staff, reduce any related potential injury and carry out the right steps to avoid hazardous manual handling where possible.

Who is this training for?

For most businesses, physical handling by people will always be required for some tasks. If your staff need to move boxes or carry loads, this course will ensure they do it safely.

What does the course cover?

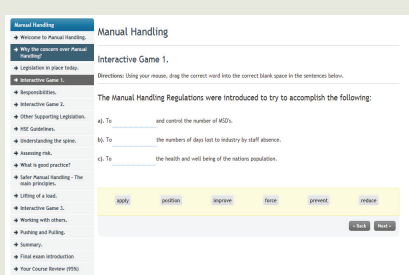
How to prevent injury to employees by helping staff understand how incorrect manual handling can lead to acute damage to the spine. It demonstrates how pushing, pulling, lifting, lowering and handling can cause back injuries and how to avoid them happening in the first place.

What is the benefit to your business?

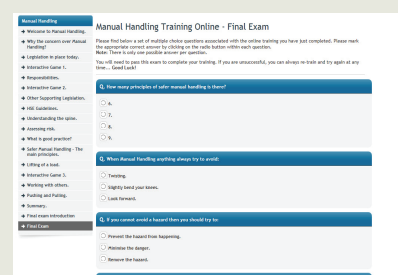
As well as meeting all your legal requirements under relevant health and safety regulations, manual handling training means fewer staff signed off through injury leading to a more productive business.



Video Presentations.



Interactive games.



Final exam - certificates provided.

“More than a third of all over-three-day injuries reported each year are caused by manual handling - the transporting or supporting of loads by hand or by bodily force. Effective training has an important part to play in reducing the risk of manual handling injury.”

HSE Executive