

## Manual Handling

Number of Delegates: 1 - 10  
Course Duration: ½ Day  
Course Outcome: Certificate/NPORS Card

### Introduction

This programme is designed for anyone who is involved in manual handling in the workplace i.e. employers, managers, supervisors or operatives.

### Aims and Objectives

This course aims to provide delegates with a thorough understanding of how to minimise the risk of injury to themselves and others by increasing awareness of potential manual handling hazards in the workplace and the potential consequences of poor practice.

### Course Delivery

This course is delivered through classroom-based tutorials including discussions, group exercises, supporting videos and commentary.

### Location

Courses are available at training centres nationwide. This course can also be delivered on your premises subject to minimum delegate numbers and suitability of the venue. Please contact us for information.

### Delegate Eligibility/Entry Requirements

It is important that all candidates who attend this course have a good understanding of spoken and written English.

### Certification

Construction Skills People Certificate/NPORS card.

*If (NPORS) accreditation is required delegates must provide a passport photograph at the start of the course. NPORS registration is £35.00 per person.*



A Skills People Group Company

## COURSE PROGRAMME

### The Manual Handling course covers the following:

- Responsibilities under the Health & Safety at Work Act 1974 and manual handling regulations
- Accident statistics
- The functions of the spine and muscular system
- Typical injuries caused by poor practice
- Hazard identification and assessment of:
  - the task
  - the load
  - the working environment
  - an individual's capabilities
- Correct handling techniques

**01246 589444**

**bookings@constructionskillspeople.com**  
**ConstructionSkillsPeople.com**