



Working at Height – ZGT50

Principles of Manual Handling



COURSE OVERVIEW

This course provides learners with the opportunity to develop their understanding of the principles of safer manual handling.

Pre-requisites

There are no other formal entry requirements but to benefit from the learning we advise that Learners have a minimum of Level 1 in literacy or equivalent

Who Should Attend?

This qualification has been specifically designed for all employees to help raise their awareness of the risks associated with unsafe manual handling practices. It is also ideal for those who might have to carry out manual handling as part of their job such as handling deliveries, parcels and boxes.

COURSE OBJECTIVES AND CONTENT



- What is manual handling?
- Accidents and injuries from manual handling
- Consequences arising from manual handling injuries
- Causes of manual handling injuries
- Causes of back pain
- The spine, its structure and function
- Four basic requirements for manual handling
- Risk assessment and manual handling
- The kinetic method of safe lifting.
- Practical demonstration

Certification

All delegates receive a certificate valid for 3 years.

Course Ratio / Duration

10:1 (10 delegates to 1 instructor)
3 guided learning hours i.e. 0.5 day

**TO BOOK OR FOR MORE INFORMATION TEL: 01925 212144
or email us at: training@zerogravitysafety.co.uk**