

## Providing Manual Handling Training: Initial Course IS26

**Duration of course:** 1 Day

**Maximum no. of Candidates:** 8

### Course aims:

The Health & Safety at Work Act 1974 and the Manual Handling Operations Regulations 1992 requires employers to provide their employees with all relevant health and safety training, including safe manual handling.

The most recent studies and surveys of self-reported work-related illness estimated that in 2001/02, 1.1 million people in Great Britain suffered from musculoskeletal disorders (MSDs) caused or made worse by their current or past work. An estimated 12.3 million working days were lost due to these work-related MSDs. On average each sufferer took about 20 days off in that 12 month period.

Infrasafe can provide first aid training to enable you to meet your legal obligations.

### Objectives:

We provide a half day instructor lead with student participation course delivered in a relaxed manner to enhance enjoyment and ensure as much information as possible is retained by the course attendants, giving them a full appreciation about the importance of 'Good Manual Handling'. All courses are lead by experienced and professionally qualified trainers.

### Other information

All course attendants will receive certification to show they have attended the 'Manual Handling' course.



### Course Content:

All courses are delivered to HSE guidelines and cover:

- Manual Handling Risk Factors
- How Injury Occurs and the Human Muscular and Skeletal Systems
- How to Carry Out Safe Manual Handling
- Handling Techniques
- Scene Assessment and Assessing the Risk
- Appropriate Systems of Work for Individual Tasks and Environments
- Use of Mechanical Aids
- Personal Lifting Technique Assessment
- Kinetic Lifting Techniques
- Lifting in Teams
- Effective Communications
- External Factors

### Venue

Our modern training centre in Gateshead or we can arrange training at a location to suit your needs