

Manual Handling Half Day Course



Who should attend?

This half day course is specifically designed for staff whose manual handling activities are considered to be lower risk

Course Objectives and Expected Outcomes

This course will equip you with the knowledge to help recognise, assess and reduce manual handling risks in your organisation. It is suited to employers and employee representatives who intend to begin the process of manual handling risk assessment and control within their companies.

Having attended the course delegates may then be able to:

- understand what is classed as manual handling - as defined in the regulations
- raise awareness of the common injuries from manual handling - the injury causes, types and location
- recognise the importance of self protection
- recognise potential hazardous situations
- enable the individual to identify manual handling risks
- become aware of and adopt correct lifting techniques.

Delegates will receive a comprehensive training pack. Delegates who successfully complete the training will be issued with a TETRA Certificate of Attendance.

Course Overview

- Principles of manual handling injuries (anatomical theory)
- Legal implications
- Understanding injuries
- Key risk factors
- How to conduct a manual handling assessment
- Practical application of the principles of safe lifting processes
- Application of principles and techniques in solving difficult handling tasks and problems encountered in work situations.
- The control and reduction of risk.

Further information

Please contact the office for costs and further details on Tel: 020 8875 0700 or e-mail: mail@tetraconsulting.co.uk

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